

Methodology

Ibrahim Abou Elenein 49-17004
Moamen Nazmy 49-19334

Jack Amir 49-2421
Somaya 49-8504

December 11, 2021

0.1 Search engines and delimiters

The research studies included in the literature review were obtained using the search engine Medline. The delimiters used included full-text, reference available, peer reviewed, and Narrow language English. The years of publication were chosen from 2016 till 2021, which gave 16 results.

0.2 Irrelevant Primary, Secondary

Out of the 16 results, **seven** results were secondary sources, and **six** studies were primary but irrelevant to the examined research question. One Study was irrelevant as testing the incorporation of training related to non specific low back pain Another one is because testing the necessary number of weeks to improve non specific low back pain excluded because it's a protocol (doesn't have results) The next one is excluded because physical inactivity , low educational levels , more advanced ages are tested if they are factors affecting low back pain The next one is excluded because chronic generalized painis not low back pain. The next one is excluded because neck pain is not low back pain.

0.3 Primaary Relevant

The remaining **three** studeis (*Diaz,C. et al. 2017, Hasanpou - Dehkordi et al. 2017, Bhadauria & Gurudut, 2017*). were primary relevant to the examined question so they are included in the literature