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Effect of Therapeutic Exercise, Educational booklet and Vitamin D3 Supplement for the Management of Chronic Mechanical Low Back Pain

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Nutritional Supplement and Physiotherapy for Low Back Pain



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The protocol titled "Effect of Therapeutic Exercise, Educational booklet and Vitamin D3 Supplement for the Management of Chronic Mechanical Low Back Pain" is authored by Muhammad Shahidul Islam, Ph. D. student at the Department of Nutrition and Food Technology, Jashore University of Science and Technology, Jashore-7408, Bangladesh. This is a part of his Ph. D. thesis titled "Therapeutic Exercise, Educational booklet and Vitamin D3 Supplement for the Management of Chronic Mechanical Low Back Pain" under the supervision of Dr. Md. Ashrafuzzaman Zahid, Ph. D., Associate Professor, Department of Nutrition and Food Technology, Jashore University of Science and Technology, Jashore-7408, Bangladesh. He is co-supervised by Professor Dr. Md. Sohrab Hossain, Ph. D., Professor, Department of Physiotherapy, Bangladesh Health Professions Institute (BHPI), CRP, Savar, Dhaka-1343, Bangladesh.

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protocol

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Therapeutic exercise, Educational Booklet, Vitamin D, Low Back Pain

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The protocol consists of three phases

- 1) Cross-sectional study on Vitamin D deficiency in Chronic Mechanical Low Back pain
- 2) Randomized control trial on Booklet and Therapeutic Exercise
- 3) Randomized control trial on Booklet, Therapeutic exercise, and Vitamin d supplement

Therapeutic Exercise in FITT Formula

Educational Booklet for low back pain

Vitamin D supplement

Exercise and interventions should be prescribed by graduate physiotherapists and registered physician

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Medical screening is necessary

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