

## **Abstract**

### **Title:**

A Case Study of Physiotherapy treatment of Low Back Pain.

### **Thesis aim:**

This thesis involves a case study regarding physiotherapy approach to low back pain localized in the area of the lumbo-sacral junction and the left hip joint. The theoretical part aims to explain the kinesiology and biomechanical pathologies of the lumbo-sacral joint and pelvic girdle functioning as a unit. While the practical part refers to the case study; the examinations used and the effectiveness of the therapy with the approaches used.

### **Methods:**

The practical part is based on a 55 year old female, in a state of 2 year post fall on the left hip who now complains of low back and left hip joint pain. The study consisted of physiotherapeutic approaches for initial kinesiological examination, followed by 5 therapy sessions lasting an hour each, and a final kinesiological examination. All methods used were non-invasive.

### **Results:**

Progress was very much markable in the course of 5 days of therapy. The patient's pain level at the left hip joint and low back pain (LBP) decreased. The therapies used have shown to be very successful concerning my patient's diagnosis.

### **Conclusion:**

The patient felt the improvements and after 5 sessions, her goal's have been met, and that was to decrease the pain she felt at rest, during sleep. The patient is very motivated, therefore her prognosis is great.

### **Keywords:**

Lumbo-sacral pain, hip joint pain, muscular imbalance, case study, physiotherapy