

Abstract

Title: Therapeutic intervention of low back pain – comparing of two therapeutic approaches

Objectives: The main objective of this experimental study was to compare two therapeutic approaches: Sensorimotor stimulation by Janda Vávrová and Proprioceptive neuromuscular facilitation in patients with low back pain.

Methods: Experimental comparative study aimed at comparing the effect of Proprioceptive neuromuscular facilitation method of Kabat and Sensorimotor stimulation by Janda and Vávrová in patients with chronic low back pain. The probands were selected from among patients of private healthcare facilities Medi-centre Skalka s.r.o. The assessment of pain, we used a standardized questionnaire Oswestry. The data will be processed using statistical method Mann-Whitney U test.

Results: The study showed no significant difference in treatment effect low back pain between Sensorimotor stimulation method by Janda and Vávrová and Proprioceptive neuromuscular facilitation.

Keywords: Proprioceptive neuromuscular facilitation, Sensorimotor stimulation by Janda Vávrová, low back pain.