

Chronic Lower Back Pain (CLBP)



RESEARCH: A randomized controlled trial with 6-month follow-up period, compared lumbar extension exercise & whole-body vibration exercise for Chronic Lower Back Pain (CLBP).*

METHOD: 60 patients with CLBP, devoid of “specific” spine diseases, mean age 51.7 years, pain history 13.1 years. Practiced either isodynamic lumbar extension or vibration exercise for 3 months. Outcome measures were lumbar extension torque, pain sensation (visual analog scale), and pain-related disability (pain disability index).

RESULTS: Significant & comparable reduction in pain sensation & pain-related disability observed in both groups. Lumbar extension torque increased significantly in the vibration exercise group (30.1 Nm/kg). Poor lumbar muscle force is probably not the exclusive cause of CLBP. Interestingly, well controlled vibration may be the cure rather than the cause of lower back pain.

CLBP – not generally a result of bone maladies but rather from acute pain of muscle and connective tissue.

Lower back pain can be triggered by tightening connective tissue & weak muscles.

Whole Body Vibration (WBV) elicits muscle & connective tissue flexion.

Studies show WBV delivers mechanical loading to skeletal muscles, strengthening muscles & improving circulation & flexibility & can reduce chronic lower back pain by 70% in just 3 months. Routine WBV therapy can often provide immediate relief of back pain.

(801) 901-1117 • info@lifetimevibe.com • lifetimevibe.com Learn more at lifetimevibe.com/health/lower-back-pain

