



Research Title: **The effect of OMT on quality of life in patients with low back pain.**

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## ABSTRACT

### *Background*

Low back pain is one of the most frequent health problems that occurs in the human population and although there are different aetiologies this problem often depends on the type of job that people do. Different treatment approaches to improving low back pain are possible and the aim of the current study, a clinical trial, was to verify if Osteopathic Manual Treatment (OMT) is effective in patients with low back pain in terms of improving their quality of life.

### *Methods*

30 subjects affected by low back pain, who were recruited after screening for inclusion and exclusion criteria, received OMT once each week for 4 weeks. Before the first and third treatment sessions and after the fourth treatment session subjects were asked to fill in the Oswestry Low Back Disability Questionnaire, which is a validated questionnaire for assessing the quality of life in patients with low back pain. At the end of the study data from the questionnaires were compared using the Wilcoxon signed-rank test to determine if OMT was associated with significant changes in the quality of life

### *Results*

Treatment was associated with significant changes in the low back pain score, with the median score decreasing from 26 before treatment to 16 after two treatment sessions and 8 after the fourth treatment session. The results were positive both clinically and statistically with  $P < 0.0001$  when pre-treatment scores were compared to those after two treatment sessions and those after four treatment sessions.

### *Conclusion*

OMT can significantly improve the quality of life in people suffering with low back pain and therefore has an important role to play in treatment of this condition.