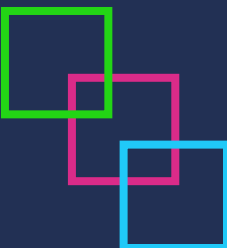


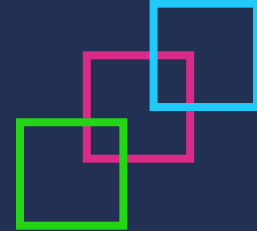
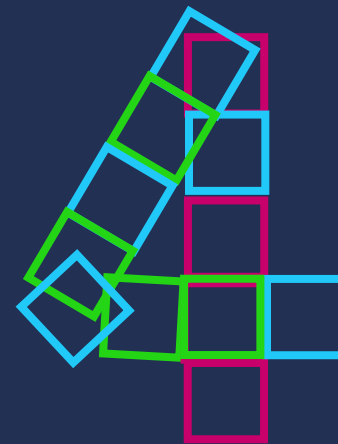
2016

Kinesitherapy for chronic nonspecific low back pain

慢性非特异性下腰痛的运动疗法

拉巴玉珍：14364001
王立银：14364003
李晓梅：14364004





Basic
knowledge

Strength
training

Summary

Reference
literature

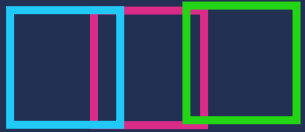


Basic
knowledge

DEFINITION^[1]

CNLBP is a chronic pain syndrome with obvious pain and discomfort in the waist, the lumbosacral and the hips, and the lack of a clear clinical cause.





CNLBP has five common causes [2]

muscle factors

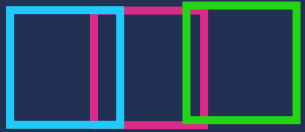
sacroiliac joint diseases

degeneration of facet joint

psychological factors

lumbar intervertebral disc

**the injury of supraspinal ligament
and interspinal ligament**



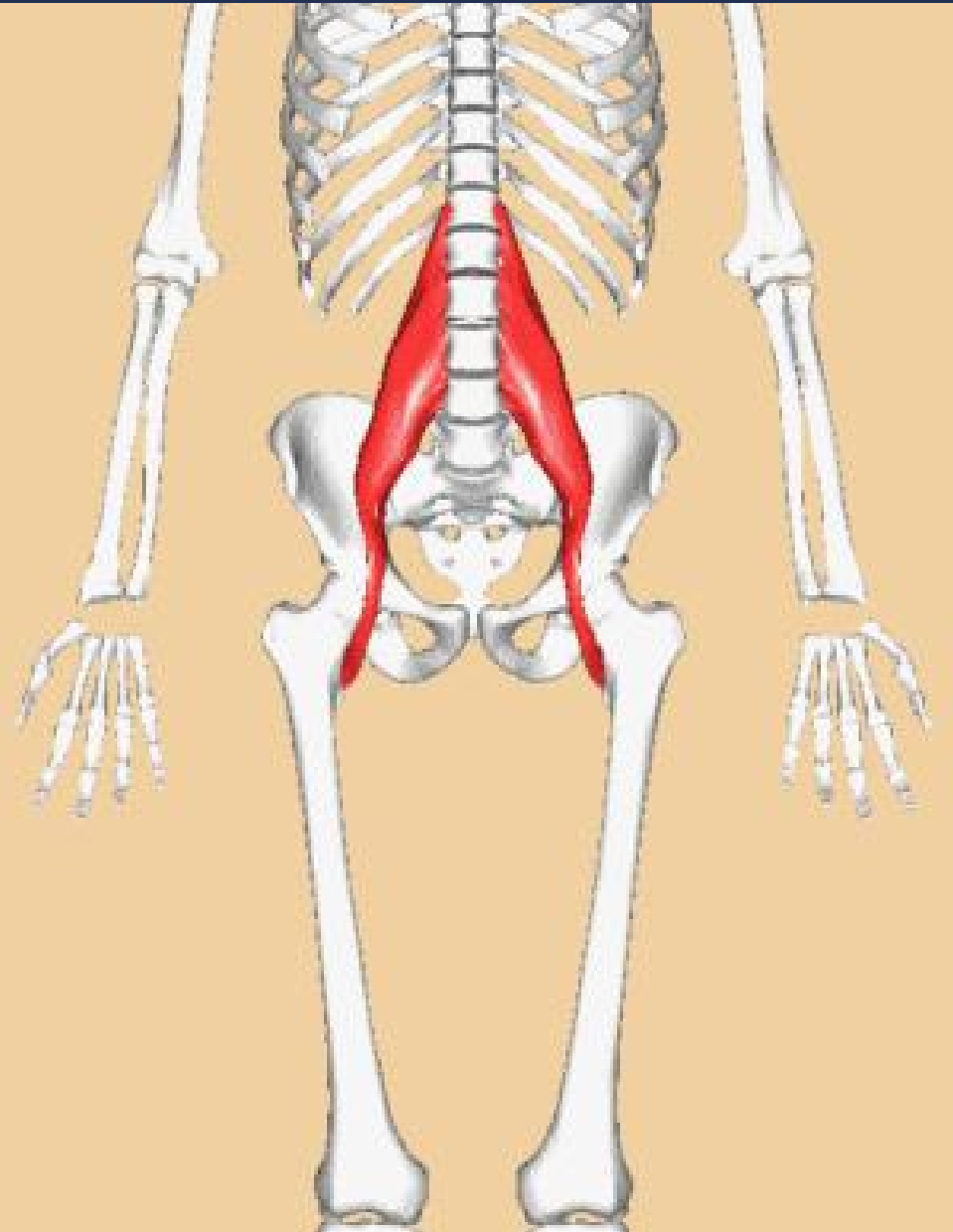
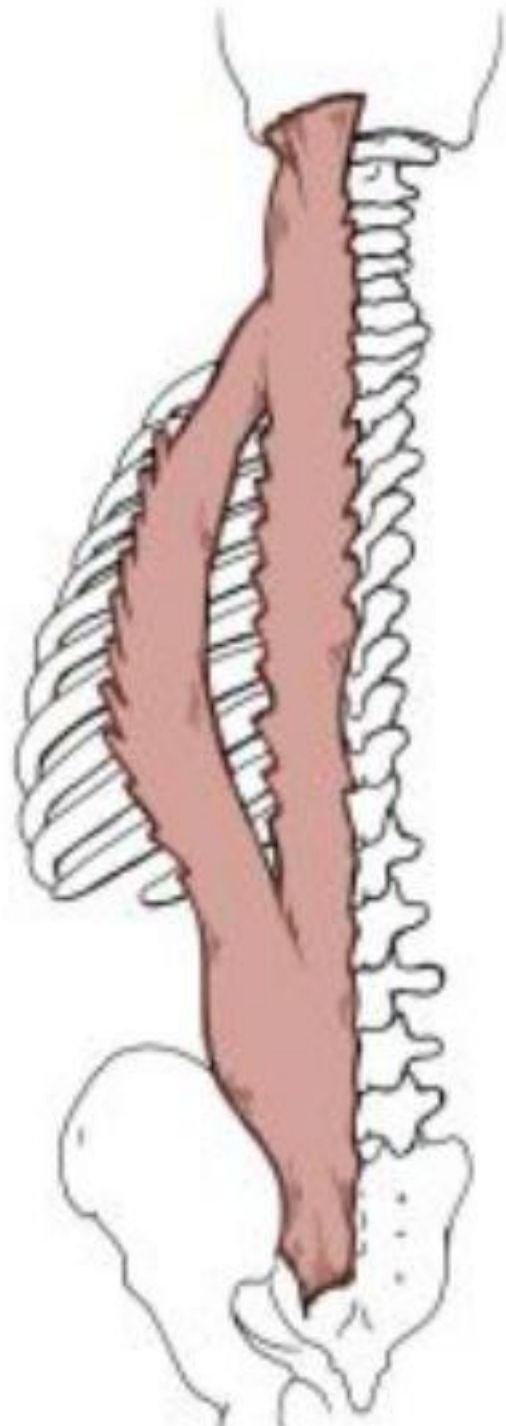
MUSCLES

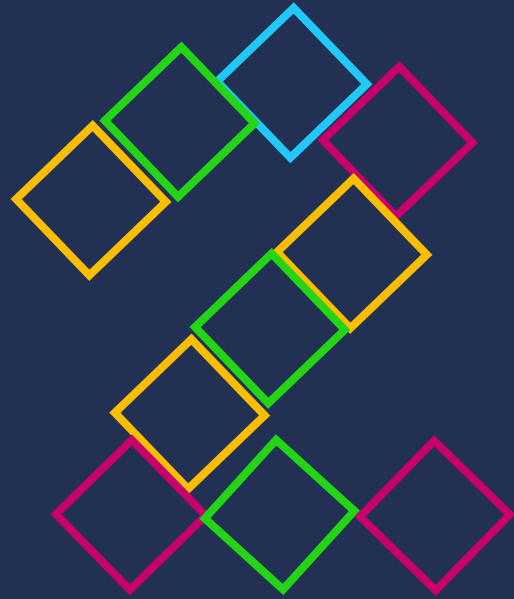


latissimus dorsi(背阔肌)
erector spinae (竖脊肌)
multifidus (多裂肌)



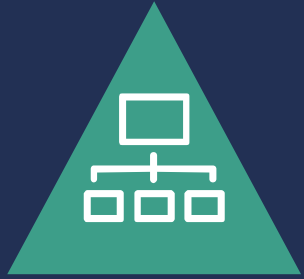
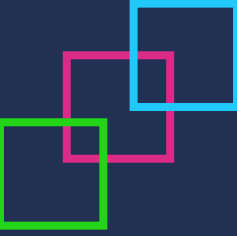
Psoas major(腰大肌)
Quadratus lumborum(腰方肌)





Strength training

Strength training



Take supine raising buttock on one leg



Plank



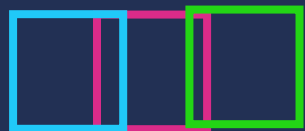
**Fitness ball training, kneeling
a diagonal support**



Pendant training

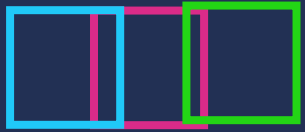
Many studies have shown that chronic back pain associated with trunk muscle weakness, low back pain patients with psoas major and back muscle volume reduction, and lower back extensor weakness more obvious relationship with low back pain.

Recent epidemiological studies found that low back pain with back muscle endurance weakened with onset



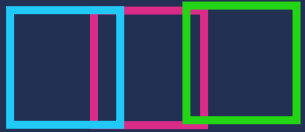
Take supine raising buttock on one leg





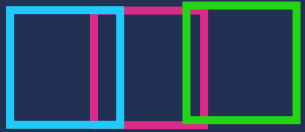
Plank





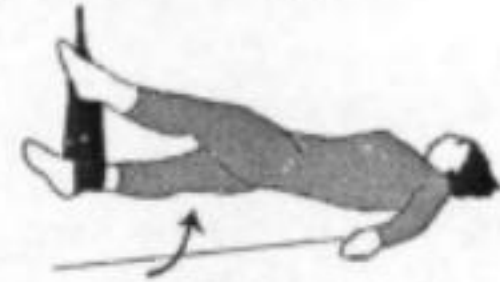
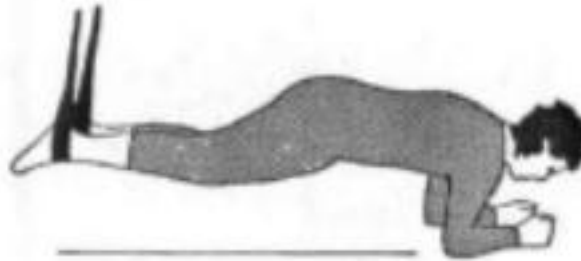
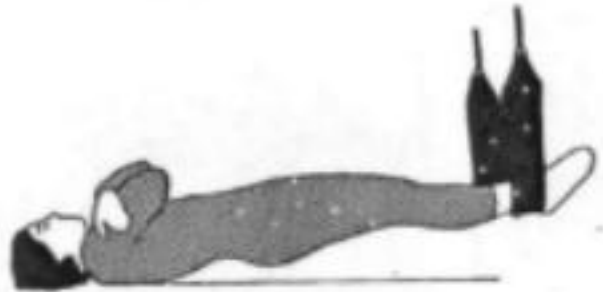
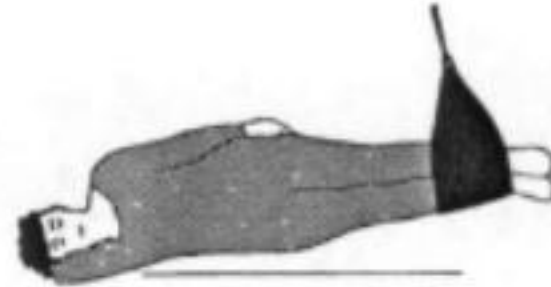
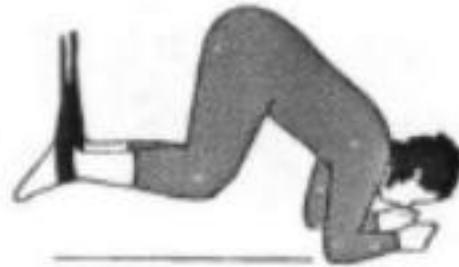
Fitness ball training, kneeling a diagonal support





Pendant training

Including supine position, lateral position, prone position and so on, we can combine static closed chain and dynamic closed chain appropriately. The suspension exercise train gluteus medius and multifidus





Summary



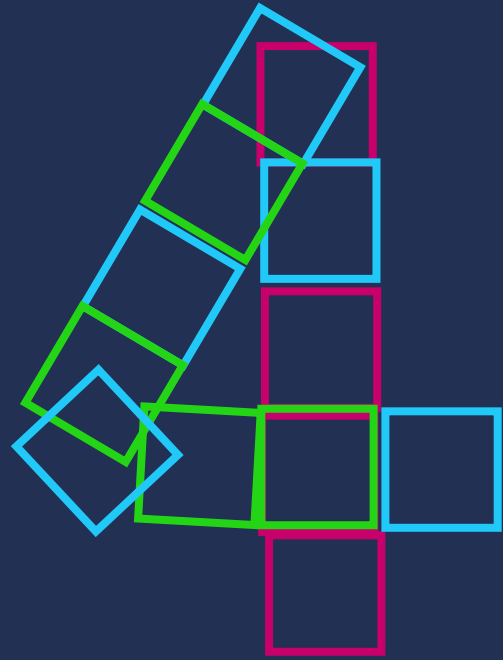
 Mckenzie therapy

 Quantitative aerobic exercise

 The training of trunk muscle
active movement

 Thera-Band
Rehabilitation training system

 Suspension exercise



Reference literature

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THANKS