



## **Comparative analysis of spinal extension, core stability exercises and Alexander Technique in management of low back pain in IT workers**



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Low back pain is a common issue faced by people these days, especially among those who have long working hours. There are various therapeutic techniques for management of Low back pain; out of which are spinal extension, core stability exercises and various other techniques. This study is done to compare the effects with alexander technique.

The spinal extension and core stability exercises include prone extension on elbows, prone press ups, straight leg raise, bridging, bird dog exercise which greatly help in managing low back pain but a new technique named Alexander technique has also been proven to have a significant effect in managing the low back pain especially in the people who sit for long hours like IT worker. A study was conducted in which the data was collected from 30 subjects working in IT company and divided 15 subjects into two groups each. Pre and post survey was done using 2 tools- Numeric pain rating scale (NPRS) and Oswestry disability index (ODI) First group was given spinal extension and core stability exercises while the second group was given Alexander technique. Before prescribing the techniques slump test

and straight leg raise test was done to rule out mechanical low back pain. The results of the study indicate that In pre intervention phase, the mean of pain of group A was  $5.33 \pm 1.175$  and that of group B is  $5.06 \pm 1.090$ . Hence the study suggests that Alexander Technique has better effect (when evaluated on the basis of NPRS) but spinal extension, core stability and alexander technique has almost same effect ( when evaluated on the basis of ODI) in managing the Low back pain.

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