

5th International

NURSING CONFERENCE

October 23-25, 2019 | Rome, Italy

Yoga as an Adjunct Therapy for Chronic Low Back Pain

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It is estimated that 84% of adults will have low back pain during their lifetime (Knight et al., 2018). Current treatment for chronic back pain in adults involves the use of nonsteroidal anti-inflammatory drugs (NSAIDs) is the first line in pharmacological therapy (Shipton, 2018). Physical therapy is the current physical intervention for the treatment of chronic low back pain (Qaseem et al., 2017; Saper et al., 2017; Shipton, 2018). There may be other alternative physical inventions patients could try to help with their chronic low back pain, including ones that could be done at home. An analysis of the literature aimed at answering the question “In the adult primary care setting, does the addition of yoga to the plan of care for chronic low back pain provide improved relief when compared to traditional non-steroidal anti-inflammatory drug (NSAID) treatments?” Kolcaba’s Comfort theory was used as framework to help guide research and analysis for using yoga as an intervention for chronic low back pain. This integrative review assessed current literature for the use of yoga as an intervention for chronic low back pain. Studies included yoga alongside physical therapy, education and other alternative therapies for chronic low back pain. Literature also suggested other psychological benefits of using yoga as a treatment method for chronic low back pain. Yoga as an intervention for chronic low back pain has some evidence to support its use, but needs continued research before being promoted as an evidence-based intervention for the treatment of chronic low back pain.

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