

## عنوان مقاله:

Effect of yoga module on low back pain in information technology professionals

## محل انتشار:

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## خلاصه مقاله:

Introduction: The prevalence of back pain is on the rise. Throughout the medical profession, we are finding a shocking increase in both the frequency and severity of back problems, writes Alfred O. Bonati, MD, Director of Orthopedic Center Institute and Shirley Linde, Ph.D., in their No moreback pain (Pharos, 1991). A modern computer professional is a typical example of back pain. He has all three problems such as sedentary life, wrong posture and the pressure of targets. All these lead to chronic back pain. Design: Two group pre-post design is used. On first day, before giving the yoga module, Pre STAI(X1), Pre STAI(X2) and Pre BDI is measured. After giving yoga module for 10 days, Post STAI(X1), X2 and BDI is measured. Result: The data was not normally distributed hence we are using non parametric test Wilcoxon test within group and Mann Whitney test between groups. The results show that there was significant change in STAI(X1) and BDI variables between groups and no significant change in STAI(X2). Conclusion: The present study has shown significant result in STAI(X1) and BDI when compared with previous studies. There was 80% decrease in backpain using RMDI based on collective feedback report. With this, we can conclude that yoga module .was effective in reducing chronic low back pain, anxiety and depression levels

## کلمات کلیدی:

Back depression inventory, chronic low back pain, information technology professionals, state-trait anxiety inventory, yoga

## لینک ثابت مقاله در پایگاه سیویلیکا:

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