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A Comparative Study of Intermittent Lumbar Traction and Massage for Low Back Pain

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ABSTRACT In the present paper 40 patients who were referred to Centre for Excellence in Sports Physiotherapy of Guru Nanak Dev University, Amritsar and Physiotherapy Centre of Amritsar Sewa Samiti, Amritsar, for low back pain were taken into account as subjects. Intermittent lumbar traction and massage techniques were used as therapeutic means. Oswestry Disability Index (O.D.I) was applied for the assessment of disability as it is an important component of the clinical evaluation of all musculoskeletal complaints. Lumbar traction was applied on 20 patients suffering from low back pain and significant differences were observed in regard to pain scores of O.D.I before and after treatment ($P < 0.001$). Similarly, when massage technique was applied on other 20 patients with low back, pain, significant difference was noted scores of O.D.I, before and after treatment ($P < 0.001$). Further the results showed highly significant differences ($P < 0.001$) in comparison to differences of pain scores in lumbar traction and massage. Though lumbar traction appears to be more effective, still it can be suggested that both the techniques are useful and may be applied simultaneously.