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HIMS/DME/2024/35

Date: 29.05.2024

CME

Date : 01.06.2024

Time : 03:30 PM – 04:30 PM

Day : Saturday

Venue: Adi Kailash Auditorium
(Formerly New Auditorium above HLTs)

Topic: “Clinical Review on Back Pain.”

Moderator: Dr. Somlata Jha (Assistant Professor, HSYS, SRHU)
Presenters: Dr. Saloni Malik (Assistant Professor, HSYS, SRHU)

Abstract:

Background:

Back pain is a prevalent and debilitating condition that affects millions of people worldwide. Yoga therapy has emerged as a complementary and holistic approach that can provide relief, improve flexibility, and promote overall well-being for back pain.

Objectives: The study aimed to identify any associations between yoga therapy participation and back pain severity, function, disability, blood pressure, and mood.

Methods: A cross-sectional study was conducted with 289 adults with back pain of at least 6 weeks duration. Data were collected using a self-structured questionnaire that assessed the participant back pain symptoms, yoga therapy participation, and other relevant factors.

Results: The mean age of the participants was 45.6 years, and the majority were male (50.4%). The most common occupation was homemaker (31.8%), and the most common education level was less than high school (38.2%). The majority of participants were non-vegetarian (52.3%), and the majority were involved in physical activity (67.6%). The majority of participants did not do yoga (69.7%), and the majority did not have thyroid or diabetes (93.9%). There was a weak positive correlation between age and mood scale score ($r = 0.32$), and a weak negative correlation between body type and food habit ($r = -0.25$). There was also a moderate positive correlation between physical activity and yoga ($r = 0.41$).
Conclusion: The findings suggest that there is a positive association between physical activity and yoga participation. However, further research is needed to determine whether yoga therapy has a causal effect on back pain severity, function, disability, blood pressure, and mood.

Keywords: Back Pain, Yoga, SRHU, Psychological parameters

All Faculty & Post Graduate Residents are required to attend the CME.


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