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### **Effect of hamstring stretch pelvic control on pain, disability and work ability index in dentist with mechanical low back pain**

Priyanka Rishi  
SGT University, India

**Background:** Dentist sits in a chair and leans forward towards the patient, lumbar curve flattens and the bony infrastructure provides very little support to the spine. Sitting in chair forces the hamstrings to become inactive and places them in a shortened position. Repetitive, prolonged sitting eventually leads to hamstring muscles that adapt to a new shortened length, and the result is Hamstring tightness which induces posterior pelvic tilt and decreased lumbar lordosis, which can result in low back pain

**Objective:** We investigated effects of hamstring stretch with pelvic control on pain, disability and work ability in Dentist with mechanical low back pain.

**Methods:** Thirty Dentist from Dental professional were randomly assigned to pelvic control hamstring stretching (Group A) (n = 15) and Supine hamstring stretching (Group B) (n = 15). All interventions were conducted 3 days per week for 6 weeks, and included in the hamstring stretching and

lumbopelvic muscle strengthening.

**Outcomes:** Outcomes were evaluated through Numeric pain rating scale (NPRS) for Pain, Oswestry disability index (ODI) for Disability, and Work ability index (WAI) for Work ability.

**Results:** The paired t-test was used to compare within group differences and unpaired t-test was used to compare the between group differences. All statistical analyses were performed using SPSS statistical software version 21. Significant differences found between Group A and group B in all three variables. ( $p < 0.05$ ). between pre and posttest of subjects. According to the results of the present research, it could be concluded that for reducing pain, disability and work ability in dentists pelvic control hamstring stretch and lumbopelvic strengthening exercises are recommended.

**Conclusions:** The pelvic control hamstring stretch exercise would be more helpful in back pain reduction and improvement of work ability in Dentist with mechanical low back pain.

#### **Biography**

Priyanka Rishi (PT), BPT, MPT, Pursuing PhD with around 6 years of experience is working as an Assistant Professor in Faculty of Physiotherapy, SGT University Since 2014. Having teaching experience at graduate/postgraduate level. Has contributed 12 research papers and 1 book in various National and International Journals and was awarded with Frederick Sanger Researcher Award -2015 in Physiotherapy. Has presented papers in various conferences and is invited as external examiner in various universities.

Prnk.rishi@gmail.com

#### **Notes:**