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The effects of proprioceptive neuromuscular facilitation exercises on pain, function, lumbar mobility, and scoliosis in patients with non-specific chronic low back pain

Rohit Gupta

Indraprastha Apollo Hospital, India

Exercise is one of the most important treatment methods suggested for patients with non-specific chronic low back pain (NSCLBP). It has documented positive effects on patients' performance. The purpose of this study was to evaluate the effects of proprioceptive neuromuscular facilitation (PNF) exercises on pain, function, lumbar spine mobility and degree of scoliosis in patients with NSCLBP.

Biography

Rohit Gupta, he is a physiotherapist and trainy in his own reputed institute. He received several awards and rewards, published many national and international papers in the orthopedic journals. He is currently working as a doctor in Indraprastha Apollo hospital, India. His field of interest includes Sports medicine and physiotherapy.

Rohit Gupta

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