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**Therapeutic efficacy of pilates with yoga exercises for the treatment of chronic postural low back pain
- A comparative study**

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Yoga and Pilates which have, both been gaining in popularity over the last decade are two mind-body exercise interventions that address both the physical and mental aspects of pain with core strengthening, flexibility, and relaxation. In this study, we intend to find out the effect of Yoga exercises over Pilates on reducing pain and disability in chronic postural low back pain. 30 subjects having clinical diagnosis of chronic postural low back pain were randomly allocated to two groups. group I received

Yoga exercises and group II received Pilates. The outcome was measured in terms of VAS for pain, ODI for disability. The study shows that Yoga exercises are slightly more effective than Pilates in reducing pain and disability among subjects with chronic postural low back pain. Thus the group1 (Yoga) has shown more significant effect than the group2 (Pilates) in reducing pain and disability among subjects with chronic postural low back pain.

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