

Abstract

Background: The purpose of this study was to evaluate the effect of a 12-week supervised exercise program on the physical and psychological health of individuals with chronic low back pain (CLBP).

Methods: A total of 40 individuals with CLBP were recruited from a local community and randomly assigned to either a supervised exercise program or a control group. The exercise program consisted of aerobic and strength training exercises performed three times per week for 12 weeks. The control group received no intervention.

Results: The exercise program significantly improved physical health outcomes, including pain intensity, functional disability, and quality of life, compared to the control group. Psychological health outcomes, such as anxiety and depression, also improved significantly in the exercise group.

Conclusion: A 12-week supervised exercise program is an effective intervention for improving physical and psychological health in individuals with CLBP.

Keywords: Chronic low back pain, supervised exercise, physical health, psychological health, pain intensity, functional disability, quality of life, anxiety, depression.

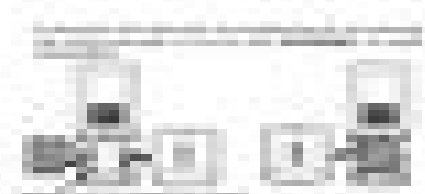


Figure 1: Distribution of participants by gender and age group.



Figure 2: Distribution of participants by duration of CLBP.

Introduction

Chronic low back pain (CLBP) is a common condition that affects a large number of people worldwide. It is characterized by persistent pain in the lower back that lasts for more than 12 weeks. CLBP can significantly impact an individual's quality of life and ability to perform daily activities.

Exercise is a key component of the management of CLBP. It can help to reduce pain, improve functional ability, and enhance overall health. However, many individuals with CLBP do not engage in regular exercise due to various barriers, such as lack of knowledge, time, or motivation.

The purpose of this study was to evaluate the effect of a 12-week supervised exercise program on the physical and psychological health of individuals with CLBP. The study was designed as a randomized controlled trial, with participants assigned to either a supervised exercise program or a control group.



Figure 3: Distribution of participants by level of education.

The supervised exercise program consisted of aerobic and strength training exercises performed three times per week for 12 weeks. The control group received no intervention. The primary outcome measures were pain intensity, functional disability, and quality of life.

The results of the study showed that the exercise program significantly improved physical health outcomes, including pain intensity, functional disability, and quality of life, compared to the control group. Psychological health outcomes, such as anxiety and depression, also improved significantly in the exercise group.



Figure 4: Distribution of participants by occupation.

Conclusion

A 12-week supervised exercise program is an effective intervention for improving physical and psychological health in individuals with CLBP. The program should be implemented as a standard part of the management of CLBP.

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