

Physiotherapy

An evaluation of the influence of physiotherapy treatment on stress experienced

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Background: The aim of the study was to evaluate the influence of physiotherapy treatment on stress experienced by patients with low back pain (LBP). The study was conducted in a physiotherapy clinic in a hospital.

Purpose: The purpose of the study was to evaluate the influence of physiotherapy treatment on stress experienced by patients with LBP.

Methods: The study was conducted in a physiotherapy clinic in a hospital. The study included 30 patients with LBP. The patients were divided into two groups: the control group (n=15) and the physiotherapy group (n=15). The patients in the physiotherapy group received physiotherapy treatment for 4 weeks. The patients in the control group did not receive any treatment. The patients were assessed at baseline and after 4 weeks. The assessment included a visual analog scale (VAS) for pain and a stress scale.

Results: The results of the study showed that the patients in the physiotherapy group experienced a significant decrease in stress compared to the control group. The mean stress score in the physiotherapy group decreased from 10.0 at baseline to 6.4 after 4 weeks (8% decrease). The mean stress score in the control group remained at 10.0 (20% increase). The results are summarized in the following table:

Group	Baseline	4 weeks
Physiotherapy	10.0	6.4
Control	10.0	12.0

Conclusion: The results of the study suggest that physiotherapy treatment can significantly reduce stress experienced by patients with LBP.