

# The Effectiveness of Physiotherapy Therapies in Children and Adolescents for Back Care

José Manuel García-Moreno\*

International School of Doctoral Studies, University of Murcia, Murcia, Spain

## Introduction

Low back pain (LBP) is a public health issue, and the prevalence of LBP in children and adolescents has risen in recent years [1, 2], with a lifetime prevalence of roughly 39 percent in children and adolescents aged 9 to 16, and a prevalence equivalent to adults at 15 years of age [3]. LBP in infancy and adolescence raises the chance of developing it later in life [2]. Because non-specific low back pain (NSLBP) is the most prevalent kind of LBP [1], it's critical to rule out spondylolysis and spondylolisthesis, both of which can cause LBP [2].

Although there has been less research on back care and NSLBP prevention in children and adolescents than in adults several physiotherapy treatments may be identified in the literature [4]. One of these stems from the fact that most teenagers and parents don't know enough about back care, thus several ways have been devised to fill the gap [4]. This information may be imparted through the use of postural hygiene (theory or practice) and physical activity targeted at building a basic understanding of back care. Children and teenagers with enough understanding about back care may be able to modify their lives on their own.

Another way to promote back care is to change behaviour in daily activities that may affect the back such as proper use of schoolbags and limiting their weight to 10-15% of the child's weight, changing posture evenly, lifting weights of the floor appropriately, and improving sitting and standing postures for long periods of time. In order to solidify the principles learnt, postural hygiene and physical exercise connected with back care might be taught in addition to information [5].

In addition, improving the strength of the trunk muscles through specific exercises is another method used in physiotherapy to improve back care and prevent NSLBP in children and adolescents. These exercises must be ordered and supervised by a professional, should be done progressively, and can be done by both children and adolescents. Increasing hamstring flexibility can also help you take better care of your back.

Some systematic reviews on this topic have been published in recent years, some of which focused on a single variable such as posture some of which included only articles from the physical education field and some of which included several variables such as knowledge and behaviour without quantitative analysis. We looked examined the effects of preventive physiotherapy treatments on knowledge and behaviour in a previous meta-analysis in 2012, but no meta-analysis has been done since then that evaluated the effects of physiotherapy treatments on back care in children and adolescents.

## Conclusion

Given the diversity of procedures for improving back care in children and adolescents, the large number of clinical trials published on the subject in recent years, and the lack of recent meta-analyses that include them, an objective assessment of the effects of these preventive procedures is required.

As a result, the goal of this paper was to determine which preventive physiotherapy therapies are most successful in improving back health and preventing non-specific low back pain in children and adolescents.

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\*Corresponding author: José Manuel García-Moreno, International School of Doctoral Studies, University of Murcia, Murcia, Spain, E-mail: jmanuel\_g@hotmail.com

Received: 30-Mar-2022, Manuscript No. jnp-22-60025; Editor assigned: 01-Apr-2022, PreQC No. jnp-22-60025 (PQ); Reviewed: 15-Apr-2022, QC No. jnp-22-60025; Revised: 21-Apr-2022, Manuscript No. jnp-22-60025 (R); Published: 28-Apr-2022, DOI: 10.4172/2165-7025.1000519

Citation: García-Moreno JM (2022) The Effectiveness of Physiotherapy Therapies in Children and Adolescents for Back Care. *J Nov Physiother* 12: 519.

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