Abstract

To see the effect of occupational therapy program in low back pain among computer operators. It includes re educating the sitting posture, strengthening activity program. To identify whether males or females are more prone to low back pain. Around 30 subjects (15 males & 15 female) with mechanical low back pain among computer operators were evaluated and strengthen activity program & postural corrections was administrated for 2 month. The oswestry low back pain questionnaire was used before and after and program to find the effects. Statistical analysis was used to derive analysis. The study perceived that all the clients got relieved back pain. The result shows that low back pain score also decline and their functional activities and occupational task has become easier as compared before. This gives clear concept that most of the computer operators having low back pain which gives better results or prognosis if treated with occupational therapy program. And also it gives clear concept that males and females are
Effectiveness of Occupational Therapy in Low Back Pain among Computer Operators

equally affected by low back pain among computer operators.

References


Index Terms

Computer Science

Egovernance And Cloud Computing Services

Keywords

Lowback Pain  Occupational Therapy  Operator