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EFFECTIVENESS OF KINESIOTHERAPEUTIC EXERCISES IN LOMBALGY SECONDARY TO BONE DEMINERALIZATION AND LUMBAR HYPOLOORDOSIS: AN EXPERIENCE REPORT.

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ABSTRACT

Objective: To report the experience of the effects of kinesiotherapy exercises applied to a patient with low back pain associated with bone demineralization and lumbar hypolordosis. **Methods:** Physiotherapeutic monitoring of a 55-year-old female patient from Bahia is presented, presenting a condition compatible with low back pain, secondary to bone demineralization in the lumbosacral spine, dorsal and lumbar hypolordosis. In the assessment, the Oswestry questionnaires (14 points), Visual Analogue Scale (grade 6), FABQ-Brazil subscale (43 points), absence of lateral shift, hip movement (internal rotation D = 27°, E = 31°) were applied, segmental mobility test of the thoracolumbar spine (hypermobile vertebrae = L1 to S1), Pronation Instability test (positive), symptoms longer than 16 days, aberrant movements with finger climbing, centralization of symptoms in the flexion and lateral inclination movements, and periphery to knee E. in extension. Thus, it was classified in the Mobilization / Manipulation and Stabilization groups, which was subjected to physical therapy intervention during 12 visits. Therapeutic approaches were based on segmental stabilization exercises associated with co-contraction of the abdominal and pelvic muscles, passive stretching, myofascial release with digit pressure and pelvic, sacroiliac and thoracic mobilization exercises. **Results:** After treatment, there were positive effects on low back pain and when performing movements, gaining flexibility, mobility and muscle strength, as well as feeling of well-being and improved sleep. **Conclusion:** It is inferred, therefore, that the conduct based on clinical reasoning is of paramount importance for the physiotherapeutic performance in the kinetic-functional problems arising from low back pain, which contributed to the improvement of the pathological condition and promotion of quality of life.

Keywords: Backache. Physiotherapy. Quality of life.

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