



# Impact of Joint Mobilization Techniques on Pain Intensity and Disability in Non-Specific Low Back Pain: A Quasi-Experimental Investigation

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## ABSTRACT

**Introduction:** Musculoskeletal disorders are one of the pains many individuals suffer, among which low back pains (LBP) are one of the most common disorders considered as one of the social and economic problems and a remarkable health factor. This study aimed to investigate the effect of joint mobilization techniques on pain intensity and disability of patients with non-specific LBP.

**Methods and Materials:** This research was a quasi-experimental study. Twelve patients with LBP were included in the study using a convenient sampling method. They were offered a three-month intervention of sports protocols. In order to measure the intensity of the participants' pain and disability, McGill's Pain Questionnaire and standardized WHODAS 2 scale were used before and after the intervention, respectively. Data analysis was performed using SPSS software version 21.

**Results:** The results of the data analysis indicated that the value of the participants' pain intensity significantly decreased over three months after the intervention (23.91) compared to the pre-intervention phase (16.91) at  $P = 0.01$ . Moreover, the overall disability and its subscales also significantly decreased in these patients ( $p \geq 0.01$ ).

**Conclusion and Discussion:** According to the study findings, joint mobilization techniques can reduce perceived pain and disability in individuals with LBP; therefore, such treatment approaches can be used as an intervention for these patients.

**Keywords:** Disability, Low back pain, Musculoskeletal disorders