



# 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 a prevalent source of pain for many individuals, with low back pains (LBP) being one of the most common conditions. LBP is recognized as a significant social and economic issue, as well as a major health concern. This study aimed to investigate the effects of joint mobilization techniques on pain intensity and disability in patients with non-specific LBP.

**Methods and Materials:** This research was a quasi-experimental study involving 12 patients with LBP, who were selected using a convenience sampling method. The participants underwent a three-month intervention consisting of sports protocols. To assess the intensity of the pain and disability among the participants, McGill's Pain Questionnaire and the standardized WHODAS 2 scale were administered before and after the intervention. Data analysis was conducted using SPSS software version 21.

**Results:** The results of the data analysis indicated that the participants' pain intensity significantly decreased from the pre-intervention phase (16.91) to three months post-intervention phase (23.91), with a  $p$  value of 0.01. Moreover, both overall disability and its subscales showed significant reductions these patients ( $p \geq 0.01$ ).

**Conclusion and Discussion:** According to the study findings, joint mobilization techniques can effectively reduce perceived pain and disability in individuals with LBP. Therefore, these treatment approaches can be used as an intervention for this patient population.

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