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Effects of biofeedback postural training on pre-existing low back pain in static-posture workers

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Many studies report a relationship between poor static posture (SP) and low back pain (LBP). The study examines the effects of a vibrational feedback postural training program on pre-existing LBP, spinal health benefits, level of physical activity, workability. The researchers want to know if static posture training with biofeedback can alleviate LBP. Control group wore a pedometer and experimental group wore a postural training device for three weeks. Participant answered a pain scale survey and had side-view pictures before and after the intervention. LBP discomfort decreased between the two groups. There was no statistical difference in average steps between the two groups. Postural training with biofeedback reduced the frequency of having LBP, discomfort level of the pain, and lost work time due to LBP. The study concludes that the vibrational feedback from the device helps correct poor SP. Also, increasing levels of physical activity by registering more daily steps provided a positive effect for decreasing frequency of LBP. However, increased level of physical activity worsened discomfort level of LBP and increased lost work time in the control group.

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