

5<sup>th</sup> International Conference on

# PHYSIOTHERAPY

November 27-29, 2017 Dubai, UAE

## An evaluation of the influence of physiotherapy treatment on stress experienced

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**Background:** Among numerous pain etiological factors, chronic stress is one of the cause. As a result, the impact of stress in the human body loses the ability to control muscle tone, especially the ability to relax. Abnormal muscle tone leads to instability in the motor segments and formation of degenerative changes in spine.

**Purpose:** The aim of this study was to answer the question, whether alleviation of inflammation and relief of chronic spinal pain may affect the level of the stress experienced.

**Methods:** Outcome measures were Visual Analogue Scale (VAS), Perceived Stress Scale (PSS-10) and Neck Disability Index (NDI). 94 people with chronic neck pain were enrolled in this study. The participants were examined before and 30 days after the end of the treatment. The subjected group underwent a 10-day therapy consisting of TENS, magnetic field, laser and kinesiotherapy including manual therapy. After the therapy was completed, patients were instructed how to practice at home and at work.

**Results:** Studies have shown that PSS-10 scores were lower after treatment. The intensification of the perceived pain measured by Vas scale has decreased from 6 to 4 score. Statistical analysis showed that more patients indicated no disability after treatment (8% before treatment, 20% after treatment) and mild disability (24% before treatment, 36% after treatment) measured by NDI scale.

**Conclusion:** The research proved that the pain of patients who underwent the physical therapy has decreased. Applied therapy reduces the level of stress compared to the pre-test results.

### Biography

Tomasz Wójcik has completed his PhD and presently he is a Physiotherapist with 9 years of work experience and an academic teacher with 7 years of work experience. Currently, he is working with patients who are suffering from work-related pains, mainly back pains.

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