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The effects of spinal epiduroplasty with and without physical therapy rehabilitative program in patients with low back pain due to Failed Back Surgery Syndrome (FBSS)

Objective: Low back pain is one of the leading causes of musculoskeletal problem. 70% to 80% patients visit health care setups having acute or chronic low back pain. The objective was to find the effects of spinal epiduroplasty with and without exercises rehabilitative program in patients with low back pain after failed back surgery syndrome.

Method: 50 low back pain patients after failed back surgery syndrome, who were rehabilitated at Pain & Physical Therapy CME Academy Lahore Pakistan from 16th November 2015 to 1st April, 2016 with variable duration of pain after failed back surgery syndrome, were treated with spinal epiduroplasty and exercises rehabilitative program. The patients were divided into 2 groups according to the treatment plans. Group-I was treated with spinal epiduroplasty. Group-II was rehabilitated with combination therapy (spinal epiduroplasty plus exercises regime). The effects of treatment in both groups were assessed with visual analog scale (VAS), before the treatment, at day 1 & 10th day after the treatment.

Results: VAS of all patients after spinal procedures was decreased but the results were more significant in Group II ($p < 0.05$).

Conclusion: Exercises rehabilitation plus spinal epiduroplasty is one of the best treatment options for the patients suffering from low back pain due to failed back surgery syndrome.

Biography

Muhammad Jamil Sabit has the honor of being first Pakistani Pain Physician who was awarded Fellow of Interventional Pain Practice (FIPP) credentials by the World Institute of Pain (WIP) on his brilliant success in 2013 FIPP exam. He is Official Mentor of WIP for the training of fellow physicians in interventional pain practice as well as FIPP faculty & examiner. After completion of his MBBS, he pursued the field of Anesthesiology as Diplomate since 1992 at Mayo Hospital Lahore, a tertiary care teaching hospital, affiliated with King Edward Medical University, Lahore, Pakistan. His field of interest remained chronic pain management services. He did his MSc (Pain Medicine) and became pioneer of advanced pain management services in Pakistan. He is President of Pain & Physical Therapy CME Academy, Lahore, Pakistan & Director of Pain Management Services Al Razi Health Care, Lahore, Pakistan.

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