

Cupping therapy versus interferential cupping therapy on mechanical low back pain

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Introduction: Background Mechanical low back pain is an important public health problem affecting social and physical performance.

Purpose: The purpose of this study was to investigate the effect of cupping therapy with interferential therapy on mechanical low back pain. Subjects: Sixty mechanical low back pain patients aged from 20-35years of both sexes, randomly divided into three groups, selected from Sohag University Neurosurgery Hospital.

Methods:

Group A (Study Group): Twenty patients received Cupping therapy in addition to traditional physical therapy.

Group B (Control Group): Twenty patients received Cupping therapy and Interferential therapy (IFT) in addition to traditional physical therapy.

Group C (Control Group): Twenty patients received Traditional Physical Therapy.

The treatment was applied for four weeks, three sessions per week. Pain was measured by McGill Pain Questionnaire (MPQ), disability was measured by the Roland Morris Disability Questionnaire and ROM was measured by goniometer before and after the treatment.

Results: There was a statistically significant decrease in pain, disability in group (B) than other groups with p-value equal ($P=0.0001^*$, 0.0001^* and $P=0.0001^*$) respectively. There was a statistically significant increase in flexion and extension ROMs in group (B) than other groups with p-value equal ($P=0.0001^*$, 0.0001^* and $P=0.0001^*$) respectively.

Conclusion: Cupping therapy and Interferential therapy (IFT) in addition to traditional physical therapy can be used as an effective treatment in patients with mechanical low back pain.

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