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The Effect of Lumbar and Back Exercises after Kyphoplasty
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Background: This is a randomised controlled trial aimed to determine the effectiveness of physical exercises in the early time of post kyphoplasty (KP) for the osteoporotic vertebral compression fractures.

Methods: 32 OVCF patients post operation were include,18 were randomly allocated to an intervention group and 14 to a control group. The patients in the intervention group were advised and trained by doctor inpatient or the at first follow-up time (no more than 1 month), and were asked to do home exercises twice a day to strength the back muscle. The control group received drug therapy and bracket fixation, including kyphosis measured by Cobb, back pain by VAS, physical function by JOA and ODI, daily activity by SF-36.

Results: The intervention group showed significant difference on the ODI, JOA, and Physical exercise of SF-36 compared with the control group. There's no difference on the VAS.

Conclusion: The study showed the positive effective of physical exercises post KP.