

A systematic review of the effects of yoga therapy for chronic low back pain

Theresa Poling, MSN, FNP-BC West Virginia University School of Nursing, Morgantown, WV

PURPOSE

The purpose of this paper is to present the current state of the opioid crisis and to explore alternative therapies for treatment of chronic low back pain in the general adult population.

BACKGROUND

Opioid overdose rates have risen sharply over the last several years.

Prescriber behavior has been identified as one factor contributing to the opioid crisis.

METHODS

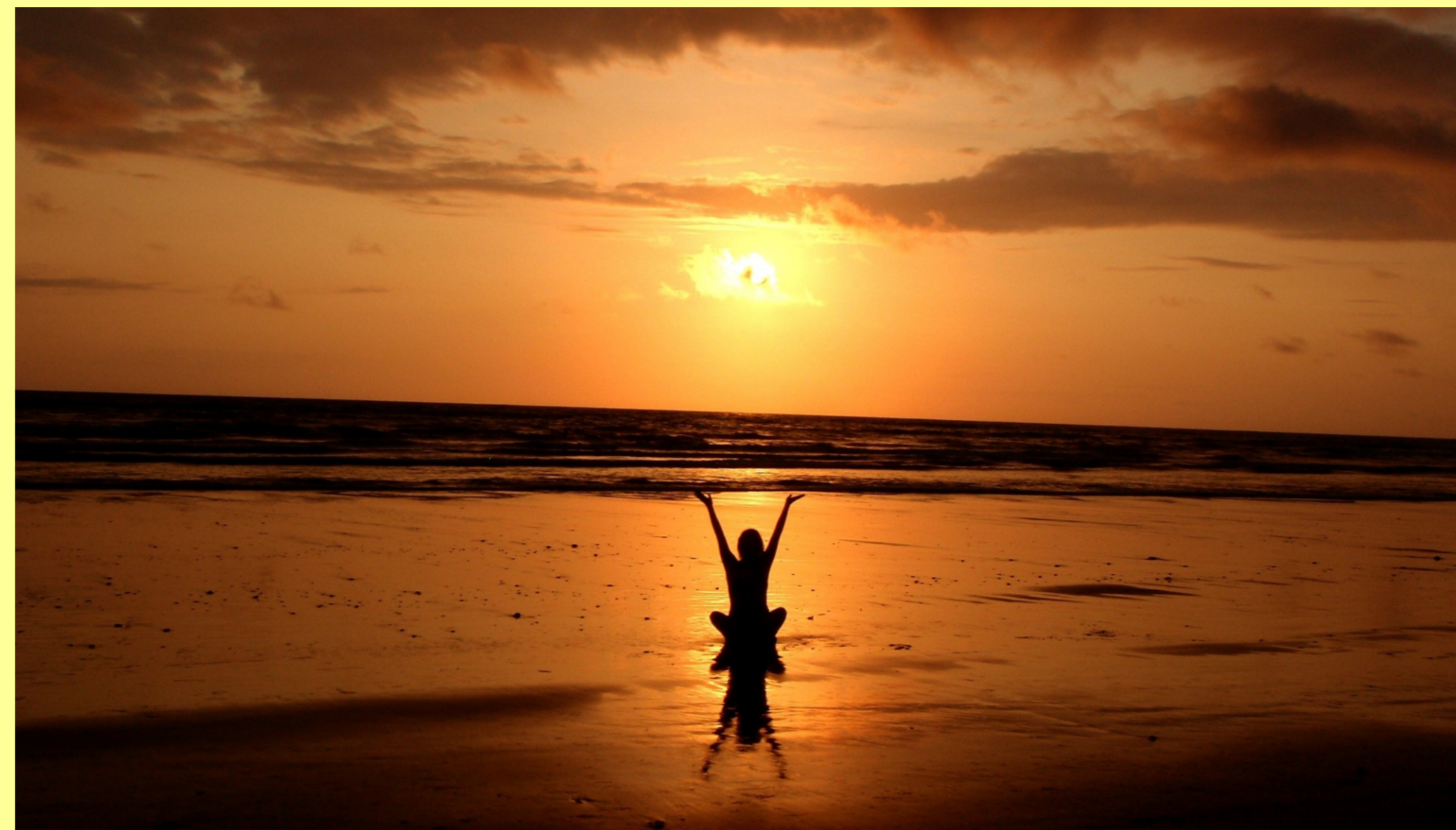
An advanced literature search was conducted between the dates of February 2, 2017 and April 1, 2017 using the following databases: CINAHL with full text, Medline, PsycInfo, Social work Abstracts, Health source: nursing/Academic and PsycArticles. Eight quantitative studies that had a control were included for review.

Inclusion Criteria:

1) All trials (experimental and nonexperimental) with a control group, 2) Adults with low back pain, 3) Intervention of yoga therapy, 4) Similar outcomes used to determine effectiveness, 5) Review question clearly stated, 6) Validity of studies assessed appropriately, 7) Summary of findings included, 8) Recommendations supported by the reported data.

Exclusion Criteria:

1) No control group, 2) No report of how reliability was assessed, 3) No consistent intervention of yoga therapy, 4) Dissimilar outcomes measured, 5) Qualitative studies, 6) Validity not assessed, 7) No summary of findings, 8) Format was a systematic review.



google.com/yogaimages

Results

Eight quantitative studies that had a control were included for review. The included eight studies identified decreased pain and depression with yoga therapy as well as increased function and flexibility. A decrease in pain medication use was also noted in two of the eight studies. Yoga therapy was found to be beneficial and safe for patients with sciatica and disc bulges. Patient self-efficacy scores showed more improvement in the yoga arm of controlled studies. Findings indicate that yoga therapy is an effective, cost efficient alternative to usual medical care for low back pain.

INCLUDED STUDIES

Author, year, location	Study design	Key findings
Cox, H. et al. (2010) UK	RCT	Aberdeen back pain scale at 4 week f/u yoga group reported significantly less pain.
Monroe, R. et al. (2015) Rural population	RCT	Yoga therapy can be safe and beneficial for patients with NSLBP or sciatica accompanied by disc extrusions and bulges
Saper, R. et al. (2009) Boston MA	RCT	Yoga may be more effective than usual care for reducing pain and pain medication use
Sherman, K. J. et al. (2005) non-profit integrated health care system	RCT	Yoga was more effective than a self-care book for improving function and reducing CLBP and the benefits lasted several months
Tekur, P. et al. (2008) Bangalore, South India	RCT	Significant reduction in Oswestri Disability scores in the yoga group
Tekur, P. et al. (2012) Bangalore India	RCT	Seven days of intensive residential yoga reduces pain, anxiety, depression and improves spinal mobility more effectively than physiotherapy
Tilbrook, H. E. et al. (2011) UK	RCT	12 week yoga program led to greater improvements in adults with CLBP
Williams, K. et al. (2009)	RCT	Yoga improves functional disability, pain intensity and depression in adults with CLBP, also decrease in pain med use as compared with control group

CONCLUSIONS

The included eight studies identified decreased pain and depression with yoga therapy as well as increased function and flexibility. A decrease in pain medication use was also noted in two of the eight studies. Yoga therapy was found to be beneficial and safe for patients with sciatica and disc bulges. Patient self-efficacy scores showed more improvement in the yoga arm of controlled studies. Findings indicate that yoga therapy is an effective, cost efficient alternative to usual medical care for low back pain.

FUTURE IMPLICATIONS

There is a need for larger randomized control studies to include minorities and special populations such as different ethnic groups, pregnant women and populations with comorbidities. Outcomes data will guide future standards of care and evidence based medicine will aid in one aspect of the opioid crisis, prescriber behavior.

This Research was completed as a requirement for N707 West Virginia University...