

# Efficacy of Stabilization Exercises on Swiss Ball Vs. Mckenzie Exercises in Mechanical Low Back Pain Patients

Dhanalakshmi

Post graduate student, KG College of physiotherapy, Coimbatore.

E-mail Id: dhana14102000@gmail.com

## Abstract

*Introduction:* Mechanical low back pain (MLBP) is a prevalent condition stemming from various spinal and soft tissue sources, significantly impacting individuals' functionality and quality of life. This study aimed to compare the effectiveness of stabilization exercises on a Swiss ball versus McKenzie exercises in reducing pain and improving functional disability among MLBP patients.

*Methods:* This quasi-experimental study spanned six months, involving a six-week treatment regimen. Thirty MLBP patients meeting selection criteria were divided into two groups: one receiving stabilization exercises on a Swiss ball and the other McKenzie exercises. Pre- and post-tests assessed pain using the visual analog scale (VAS) and functional disability using the Oswestry Disability Index (ODI).

*Results:* Analysis of pre- and post-test data revealed significant improvement in functional ability and pain reduction in patients trained with stabilization exercises on a Swiss ball. The mean differences in VAS and ODI scores showed notable improvements, with 't' values of 5.74 and 6.22, respectively.

*Conclusion:* The findings indicate that stabilization exercises on a Swiss ball are effective in reducing pain and improving functional disability in MLBP patients.