



4. THE IMPACT OF KINESIOTHERAPY TECHNIQUES ON PATIENTS WITH PRIMARY CHRONIC LOW BACK MUSCULOSKELETAL PAIN.

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Introduction. The treatment with kinesiotherapy techniques for patients with primary chronic low back musculoskeletal pain reflects a comprehensive and effective approach to its management and recovery. Currently, the significant importance of personalized kinesiotherapy exercises and techniques is emphasized in reducing pain, restoring functionality, and improving the quality of life for patients. These techniques not only address symptoms but also provide long-term benefits, contributing to the prevention of recurrence and enhancing individual capacity for adaptation and management of chronic musculoskeletal pain. The integration of kinesiotherapy into treatment plans is becoming increasingly relevant, standing out as an essential role in the rehabilitation of patients with such conditions.

Aim of study. Assessing the impact of kinesiotherapy techniques on patients with primary chronic musculoskeletal low back pain.

Methods and materials. Musculoskeletal functional deficiencies were assessed in 40 patients with primary chronic musculoskeletal low back pain. The pain was initially evaluated and reassessed after kinesiotherapy interventions using the Visual Analog Scale, and quality of life – through the EQ-5D-5L Health Questionnaire.

Results. Initially, primary chronic musculoskeletal low back pain was observed in 100% of cases, with 14.2% of cases experiencing mild pain, 65.4% - moderate pain, and 20.4% severe pain. After rehabilitation interventions using kinesiotherapy techniques, pain decreased to 33.4% of cases, including 14.3% with moderate pain, 17.41% of cases with mild pain, and 2% of cases with severe pain. The EQ-5D-5L Health Questionnaire initially presented the following levels: Level 1 - 0.41%, Level 2 - 20.5%, Level 3 - 58.5%, Level 4 - 6.6%, and Level 5 - 0.81%. In the final assessment, the distribution was as follows: Level 1 - 3.8%, Level 2 - 54.3%, Level 3 - 45.1%, Level 4 - 4.8%, and Level 5 - 0.80%.

Conclusion. Kinesiotherapy techniques had a significantly positive impact on patients with primary chronic musculoskeletal low back pain by improving the initial functional status, reducing pain, and enhancing the quality of life.