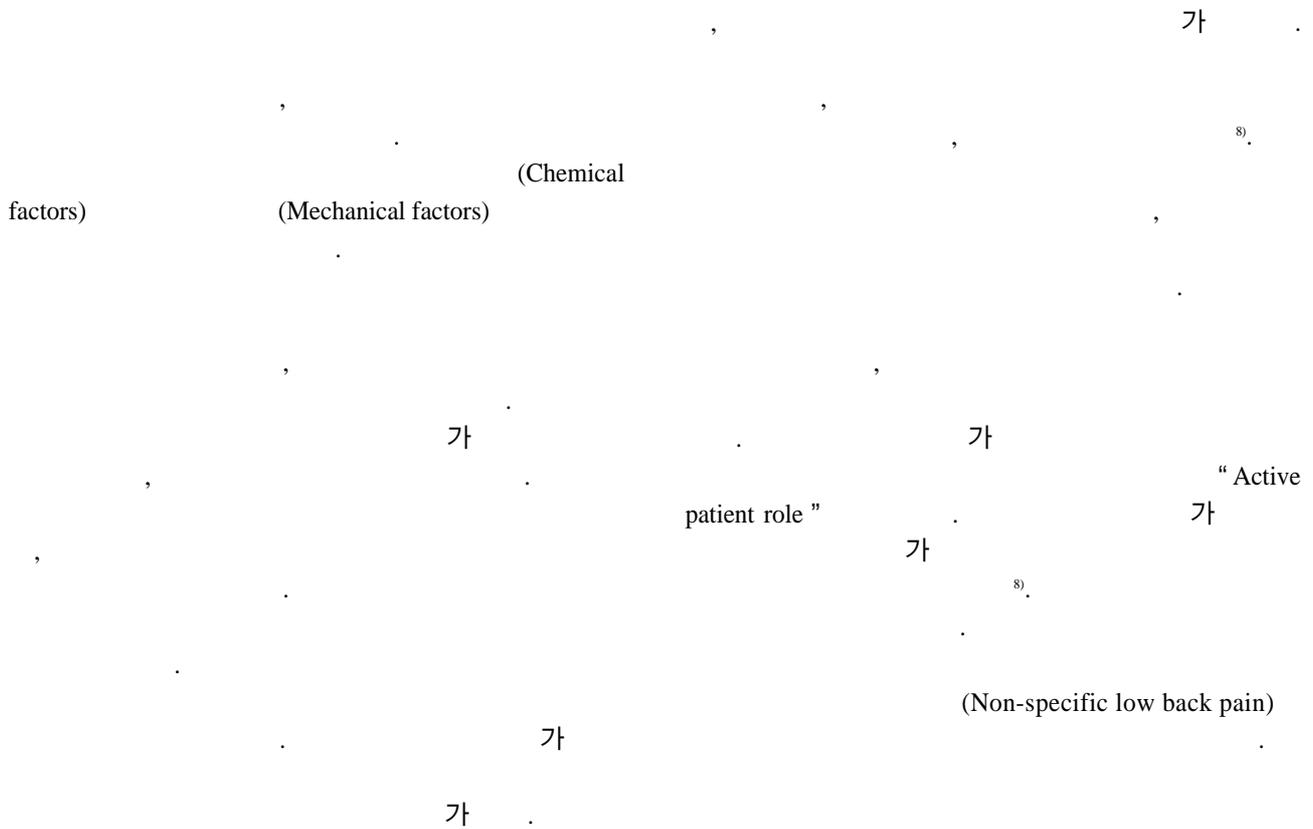


Management of Low Back Pain Patient and Prevention of Low Back Pain

Hong-Tae Kim, M.D.

Department of Orthopaedic Surgery, Fatima Hospital, Daegu



Address reprint requests to
Hong-Tae Kim, M.D.
Orthopaedic Surgery, Fatima Hospital
302 Sinam-dong, Dong-gu, Daegu, Korea
Tel: 82-53-940-7321, Fax: 82-53-954-7417, E-mail: htkim@fatima.or.kr

to-chest(Fig. 3)

(Fig. 4).

가

가
, Knee to chest(Fig. 3)

2. Extension exercise

(Fig. 5).

가

가

3. Stretching exercise

가

Contained disc herniation

가

McKenzie exercise

가

Bilateral

knee-to-chest exercise(Fig. 6A)

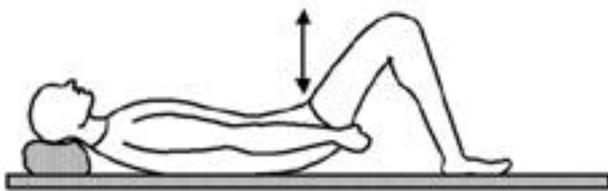


Fig. 2. Pelvic tilt exercise.



Fig. 3. Knee-to-chest exercise.

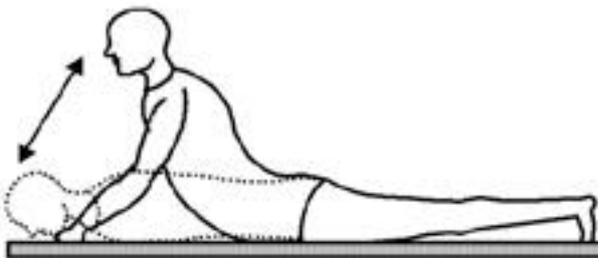


Fig. 4. Passive extension exercise.



Fig. 5. Active extension exercise.

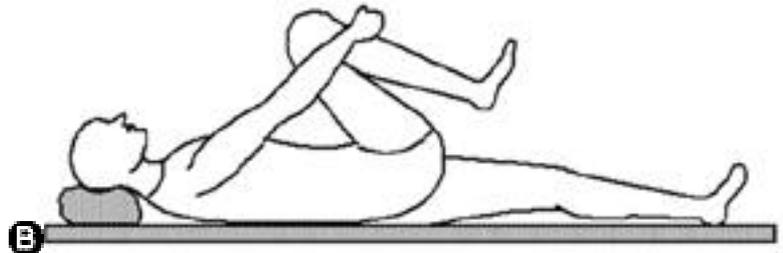
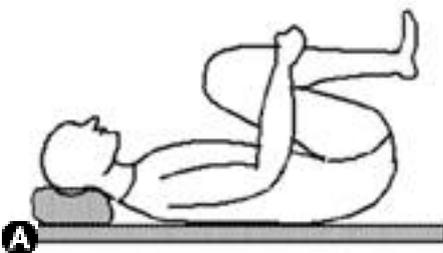


Fig. 6. Stretching exercises for back(A) or hip flexors(B).

가
exercise(Fig. 6B) ,
Contralateral knee-to-chest

(Fig. 7A)
(Fig. 7B)
가

. Supine scissoring
가 , Supine bicycling

Wall sliding(Fig. 10)

가

4. Strengthening exercise

5. Stabilization exercise

Stabilization

가

(Fig. 5)
, Partial sit-up(Fig. 1)

. , Functional position
functional range 가

Func-

bicycling (Fig. 8) Supine scissoring (Fig. 9) Supine

“Dynamic abdominal bracing”

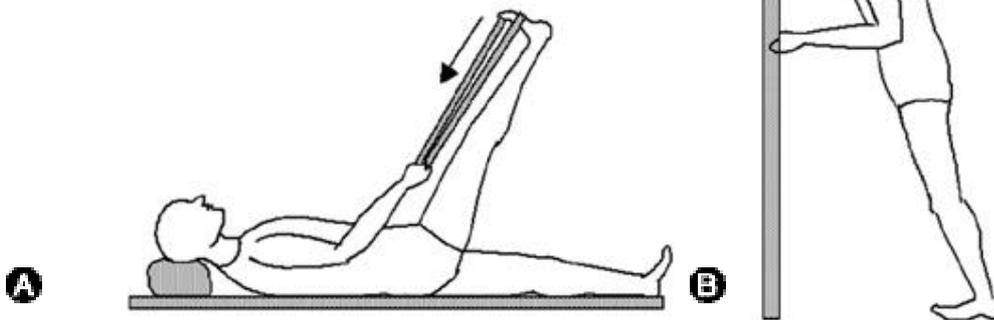


Fig.7. Stretching exercises for hamstring and triceps.

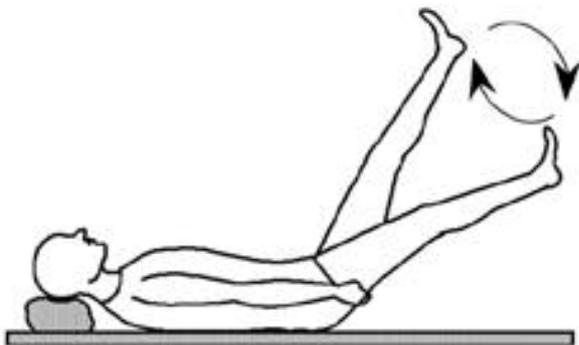


Fig. 8. Supine bicycling.

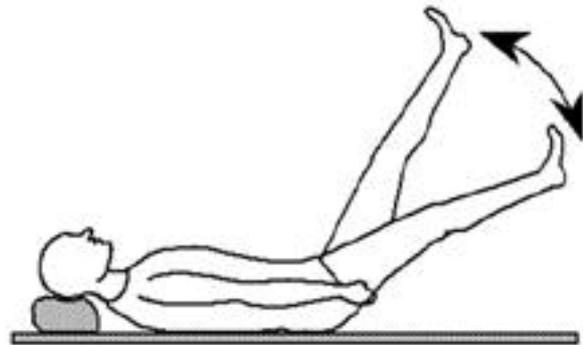


Fig. 9. Supine scissoring.

Stabilization training

80% 가 20
3 가

가

Back school

5).

가

가

가

(Fig. 11).
exercise

가

Gymnastic

가

가

가

가

6. Aerobic exercise

(Aerobic exercise)

가

가

가

가

가

가(Warm-up)

(Cool-down).

(Heart rate)가

(220-)

60%

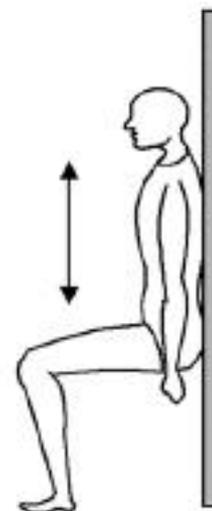


Fig. 10. Wall sliding.

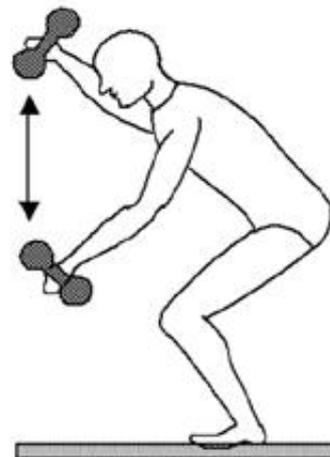
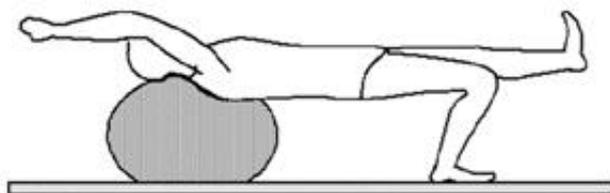
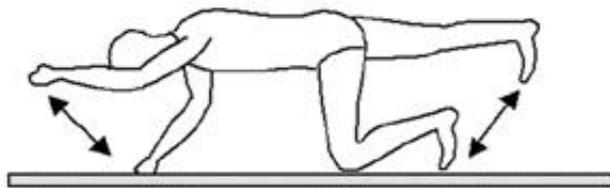


Fig. 11. Stabilization exercises.

Fahrni(1958)가
 Swedish BS(1970)
 Canadian BS(1975) California BS(1976)
 9,

B. Bending:

13A).

(Fig.

(Fig. 13B).

(Fig. 13C)

(Fig. 13D)

1.

Strain, Sprain,

가

C. Lifting :

(Fig. 14A).

(Fig. 14B).

Functional

position

(Fig. 14B).

(Fig. 14C),

2.

가

Functional position, Bending, Lifting,

Twisting

Stabilization training

Function restoration program

A. Functional position:



(Fig. 12).

Fig. 12. Functional position.

(Fig. 14D).

D. Twisting :

가 Fatima Back School

Table 1. Contents of Fatima back school.

1	:	2	:
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	

가. :
 ,
 Bending Lifting
 가
 Functional position
 : 가
 가
 가
 15

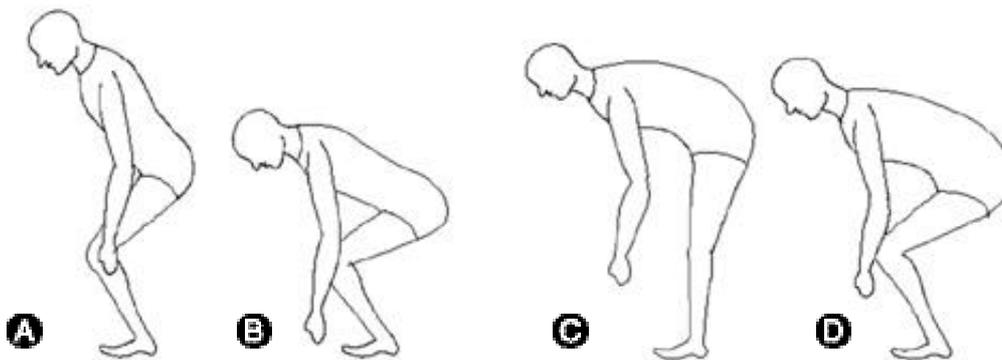


Fig. 13. Good(A,B) and bad(C,D) bendings.

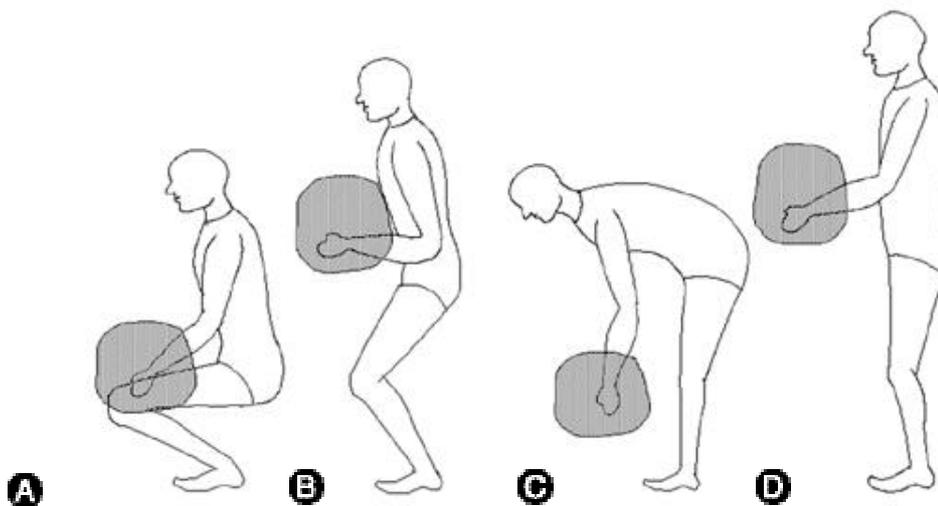


Fig. 14. Good(A,B) and bad(C,D) liftings.

가 (Fig. 15A), 가 (Fig. 16C), 가 (Fig. 16D),
 가 (Fig. 15B), 가 (Fig. 17A), 가 (Fig. 17B),
 (Fig. 15C), 가 (Fig. 17C),
 (Fig. 16A), 5 cm 가 (Fig. 17A,B),
 (Fig. 16B), 가 (Fig. 17C),

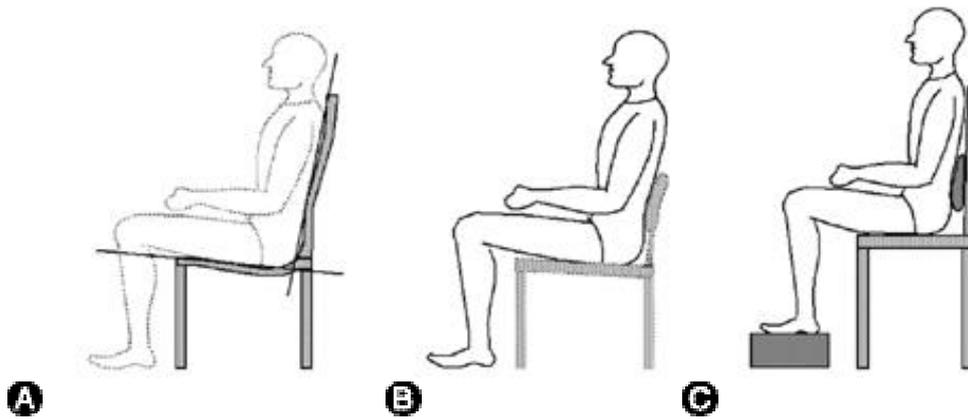


Fig. 15. Good chair to sit(A), good sitting posture(B), and back support and foot rest for bad chair(C).

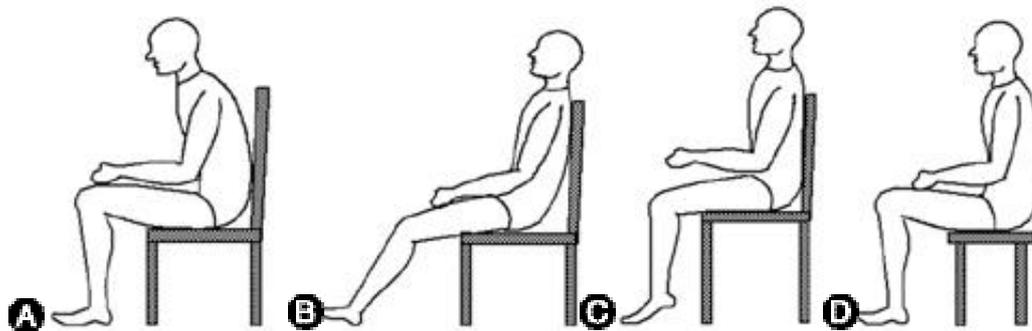


Fig. 16. Bad sitting postures(A,B) and bad chairs to sit(C,D).

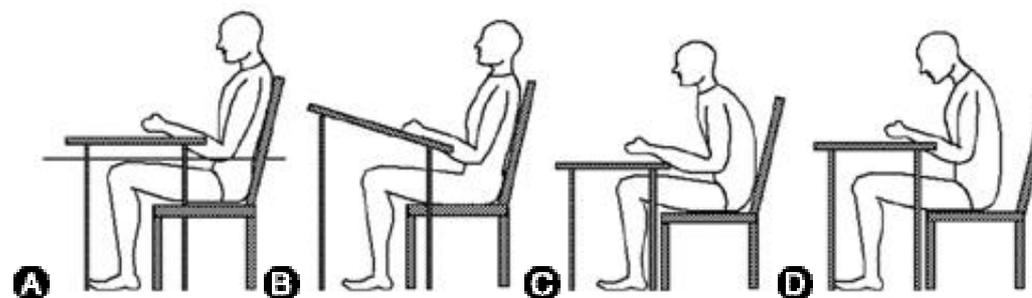


Fig. 17. Good(A,B) and bad(C,D) sittings with tables.

(Fig. 17C), (Fig. 17D) 가 가 (Fig. 19B). (Fig. 19C) (Fig. 19D) 가 (Fig. 18A). (Fig. 18B) (Fig. 18C) 가 (Fig. 20A) (Fig. 20B) (Fig. 15). (Fig. 20C) (Fig. 20D). 가 (Fig. 19A) 가



Fig. 18. Good(A) and bad(B,C) sittings for driving.

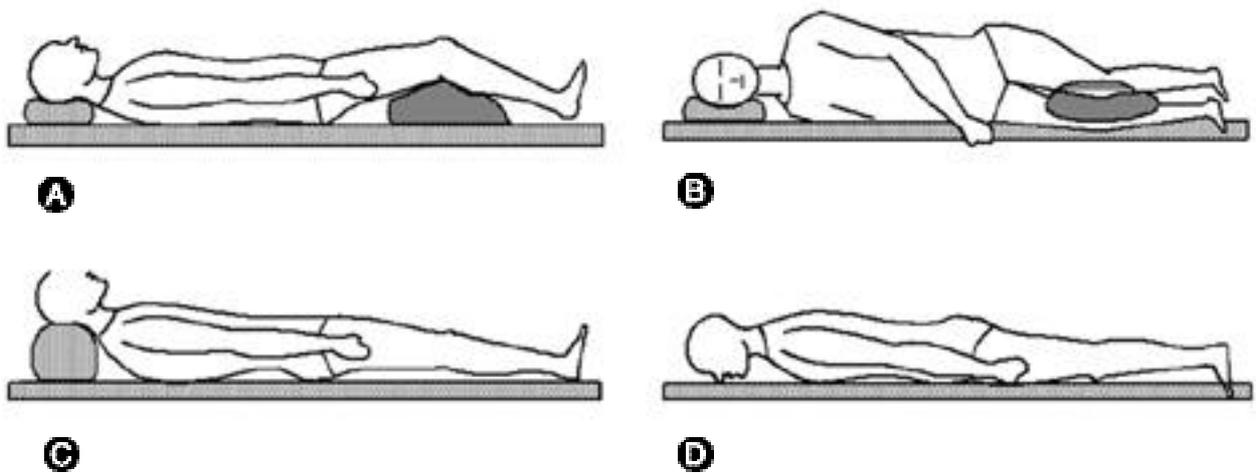


Fig. 19. Good(A,B) and bad(C,D) lying postures.

6

가 , 가 가 가 .

2).

(United States Agency for Health Care Policy and Research)

가

Functional restoration program Stabilization training

가

가 가

3. : 3 가

가 가 가 가 가 .

1).

4. : 가

가

가

가 “ 가 ” “ ”

2 가 60%

1.

: 가 9). 가

1~2

(Pain clinic) 가

, McKenzie

2.

: .

- 1) , , , : (Low Back School) . 33:1019-1026, 1990.
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- 6) **Sculco AD, Paup DC, Fernhall B, et al:** Effects of aerobic exercise on low back pain patients in treatment. *Spine J* . 1:95-101. 2001.
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