

EFFECTIVENESS OF COVIRTUAL: EXERCISE PROGRAM FOR COLLEGE STUDENTS TAKING-UP ONLINE CLASSES WHO EXPERIENCE LOW BACK PAIN

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ABSTRACT

Telerehabilitation or e-rehabilitation is a new way of rehabilitation service that is delivered with the help of the internet and interactive devices and is much preferred due to the increasing cases of Covid-19 virus. Low Back Pain (LBP) affects a wide range of population, and it is one of the main reasons that hinder people of all ages from performing everyday tasks, especially to those who stay seated for long periods of time. This can result in limitation of movements and poor body mechanics. The researchers opted to address this problem with the use of “CoVirtual”, a telerehabilitation program in relieving low back pain experienced by college students taking up online classes. The study utilized One Group Pretest- Posttest design, composed of twenty-six (26) college students with low back pain. The researchers together with a physical therapist administered a synchronous 30-minute exercise program for 4 weeks with 3 sessions per week, consisting of a total of 12 sessions. The researchers used Visual Analogue Scale (VAS) and Oswestry Disability Index (ODI) to see if there is a decrease in pain and improvement on the respondents’ functionality. After the 12 sessions of the CoVirtual exercise program, there was a significant decrease in the respondents’ low back pain ($19.74 > \pm 2.06$ and $20.45 > \pm 2.06$). This indicates that the four-week intervention of CoVirtual exercise is effective in decreasing low back pain and improving functionality of the respondents.

Keywords: Low back pain (LBP), Telerehabilitation, Strengthening, and Stretching Exercises.