

EFFECTIVENESS OF MCKENZIE HOME INSTRUCTION PROGRAM IN IMPROVING NON-SPECIFIC LOW BACK PAIN AND PERCEIVED HEALTH RELATED QUALITY OF LIFE AMONG THE STUDENTS OF UPH-DJGTMU**Joan Fiona C. Pantoja**UPH-Dr. Jose G. Tamayo Medical
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Low back pain is defined as pain and discomfort located below the costal margin and above the inferior gluteal folds and may be accompanied by leg pain. A common form of low back pain is non-specific low back pain. It is a most common reason why patients visit their clinician, which is why finding proper management and treatment has been an ongoing debate and research priority for many clinicians. The McKenzie Method, an exercise intervention given for low back pain, was shown to be an effective treatment for low back pain, producing greater outcomes than normal rehabilitation and comparable results to other therapeutic approaches. However, there is little to no study that specifically shows the effectiveness of McKenzie exercise as home-based intervention and its influence in the perceived health quality of life of the students, which the researchers wish to fulfill through this quasi-experimental research. This study is conducted to determine the effectiveness of home instruction programs created by researchers as a medium for delivering the McKenzie method; also, the efficacy of the McKenzie method in improving pain, disability and perceived health related quality of life of students who are experiencing non-specific low back pain due to but limited to online classes through the use of Roland Morris Disability Questionnaire and Health Related Quality of Life Scale (HRQoLS) through the use of SF-12v2 with statistical tool of t-test. The research was implemented to the college students of UPH-DJGTMU. After implementation the result indicates that there is no significant difference in the health status of the respondents before and after home instruction exercise. However, there is a significant difference in lower back disability of the respondents before and after home instruction exercise. This means that the disability stayed the same and pain is still present after the home instruction exercise.

Keywords: Low back pain, McKenzie, RMDQ, HRQoLS, Online class