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Impact of Magnetotherapy in Chronic Low Back Pain: A Literature Review

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ABSTRACT

The most common musculoskeletal pain or discomfort localised in the lumbosacral region, with or without leg pain (sciatica) that persists for more than 3 months. Over 80% of people experience Low Back Pain (LBP) at some point in their lives, making it a very common ailment. According to data, over 33% of people with acute LBP do not recover and develop Chronic LBP (CLBP). There are various causes of LBP. They range from simple spasm or mechanical causes to more serious causes such as herniated disc. The clinical symptoms of CLBP include pain, stiffness, difficulty in walking, impaired sleep, aching or stabbing pain etc. Electromagnetic therapy provides a noninvasive, safe, and easy method to treat pain with respect to musculoskeletal diseases. The aim of this review is to assess the effectiveness of magnetotherapy in reducing pain intensity and enhancing functional ability with CLBP.

From December 2015 to December 2025, a literature search was done using the PubMed, Scopus, and Embase databases. Boolean operators (AND, OR) were used in the search, which included terms like “magneto therapy, magnetic therapy, chronic low back pain, pain relief, and pain management.” The magnetotherapy articles were included in this review. Non-English and full articles were excluded. A total of 1025 articles were found from different database, out of which only four met the inclusion criteria. The review suggests that magnetotherapy shows an effective and significant pain reduction and improve functional outcomes. The review showed that patients with CLBP may find that magnetotherapy is a useful treatment for reducing pain and improving functional outcomes in LBP.

Keywords: Electromagnetic therapy, Functional outcomes, Pulsed electromagnetic therapy, Pain management.