

# Motion, Activities of Daily Livings, and Quality of Life in Patients with Non-Specific Low Back Pain - A Review

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## ABSTRACT

**Introduction:** Non-specific low back pain has been found to limit activity, to reduce the productivity at work place and increased medical expenses. Muscle Energy Technique (MET) uses isometric and isotonic contraction that aids to improve musculoskeletal function and also helps in reduction of pain.

**Aim:** To analyse the effect of MET on range of motion, disability, activity of daily living and quality of life of a patient.

**Materials and Methods:** Different search engines were used such as Research gate, Google Scholar, and PubMed to extract relevant studies on MET and its effect on Range of Motion (ROM), disability and activities of daily livings. Studies like experimental studies, randomised controlled trials, and pilot studies were preferred.

Studies between 2014-2024 were included to collect the data. Keywords like, nonspecific low back pain, MET, functional ability, quality of life, and activities of daily livings were used to find the relevant studies.

**Results:** Subjects introduced with MET along with with other conventional treatment protocol was helpful in improving ROM and disability. It not only improved ROM but also improved the functional ability that would help in improving the quality of life and activities of daily livings.

**Conclusion:** MET can be beneficial to improve ROM, disability and can also help the subjects to efficiently participate at their workplace and day to day life and can lead a better life.

**Keywords:** Muscle energy technique, Musculoskeletal function, Range of motion

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