

# Attitude of Physiotherapist and Efficacy of Non-Pharmacological Treatment in Non-Specific Low Back Pain: A Literature Review

SALONI CHAWAN<sup>1</sup>, KSHITIJA BANSAL<sup>2</sup>, PRIYANKA SETHI<sup>3</sup>

## ABSTRACT

**Introduction:** Eighty percent of people experience Low Back Pain (LBP), with 90% being Non-Specific (NSLBP), classified as acute, subacute, or chronic. Poor posture and muscle imbalances, like Lower Crossed Syndrome causes weaken glutes and stiffen hip flexors, leading to compensatory movements like lumbar lordosis, anterior pelvic tilt, and increased joint stress.

**Aim:** This literature review examines impact of NSLBP, focusing various factors influencing physiotherapy practices like attitude, barriers and limitations.

**Methodology:** A literature review was conducted using databases such as PubMed, ScienceDirect, and Google Scholar, using keywords like "NSLBP," "Lower Crossed Syndrome," "Posture," "Attitude," and "Physiotherapy interventions." The inclusion criteria focused on peer-reviewed studies from the last 10 years related to NSLBP and LCS, with a total of 10 articles reviewed. Studies that were non-English, case reports, or did not meet the inclusion criteria were excluded.

**Results:** Core stability, stretching, and strengthening exercises significantly improve pain, disability, and function in NSLBP. Beliefs

impact physiotherapists' treatment decisions, with biopsychosocial techniques encouraging healing. Misguided beliefs about back protection and the unique nature of LBP were frequently present among physiotherapists. Optimising patient results in the therapy of persistent low back pain requires a multimodal treatment approach that incorporates psychological, educational, and physical elements.

**Conclusion:** A comprehensive, evidence-based approaches are available for managing NSLBP. Physiotherapists' attitude plays a crucial role in decision-making and the effective management of non-specific low back pain. Physiotherapists' beliefs should be continuously evaluated and challenged through proper education to ensure evidence-based practice.

**Implication:** This study serves as a foundational analysis of Knowledge, Attitude, and Practice (KAP) among Indian physiotherapists in managing NSLBP effectively. This provides a base to build upon educational strategies for implementation.

**Keywords:** Non-specific low back pain, Attitude, Physiotherapy, Practice

## PARTICULARS OF CONTRIBUTORS:

1. MPT Student, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
2. Professor, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
3. Assistant Professor, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Saloni Chawan,  
MPT Student, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad-121004, Haryana, India.  
Email: salonichawan25@gmail.com