



Osteopathy in the treatment of chronic non-specific low back pain

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ABSTRACT

Low back pain (low back pain) is one of the most common and most prevalent musculoskeletal diseases in adults, affecting up to 65% of this population per year and 84% during life. Osteopathy is a manual diagnostic and therapeutic method for joint and tissue mobility dysfunctions in general; In addition to this, there is manipulative osteopathy, which usually involves manual techniques including soft tissue stretches, joint manipulations, myofascial mobilization, and visceral manipulations.

Keywords: Osteopathy, Low back pain, Manual therapy.

1 INTRODUCTION

Low back pain (low back pain) is one of the most common and most prevalent musculoskeletal diseases in adults, affecting up to 65% of this population per year and 84% during life. Osteopathy is a manual diagnostic and therapeutic method for joint and tissue mobility dysfunctions in general; In addition to this, there is manipulative osteopathy, which usually involves manual techniques including soft tissue stretches, joint manipulations, myofascial mobilization, and visceral manipulations.

The aim of this review is to explore the use of osteopathy in the treatment of non-specific chronic low back pain. This is a literature review, carried out in the PubMed and Scielo databases, with articles published between 2018 and 2023, in English and Portuguese, with 7 out of 12 articles being selected.

The results provided evidence that osteopathic interventions are effective in reducing pain and improving functional status in patients with short-term non-specific low back pain. Other interventions, such as myofascial mobilization, have also shown results following the same direction. In addition, limited and inconclusive evidence occurs for pediatric conditions and primary headaches. Therefore, further well-conducted studies are needed to confirm and understand the efficacy and safety of manipulative osteopathy in non-specific low back pain.