**SPECIFIC THERAPEUTIC METHODS IN THE TREATMENT OF THE LUMBAR (LOWER BACK) PAIN SYNDROME**

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**Intro**: Specific therapeutic methods (STM) are manual techniques treating problem causing tissue blockades.

**The purpose of this study** is to determine the efficacy of STM u in the pain treatment of a patient with the LPS disability.

**Materials and methods**

This study has included 60 examinees with LPS syndrome (65% women), age ~47 y.o. Examinees were treated 24 days with 2-8 procedures: osteopathy (59), ‘’miofascial release’’ (19), acupuncture (25), acupressure (17), ‘’cupping’’ (26), neurodynamics (29), proprioceptive neuromuscular facilitation (7), kinesiotherapy (60), ‘’kinesiotype’’ (14), homeopathy (11) and electrotherapy (44 examinees). In both the admission and discharge process patients were determined: a) a scale of pain with visual analog scale (VAS) marked with numbers 1-10 (1 represents a state without pain, 10 represents a state with maximum pain) b) disability measured with Oswestry Disability Index (ODI) expressed in a percentage (0-20% minimum disability, 80-100% total disability). Pain intensity improvement and disability degree assessment was determined by subtracting the value recorded at the beginning of the treatment in respect to the one at the end. while the assessment of the improvement of sleep quality was determined by subtracting the value recorded at the end of the treatment in respect to the one at the beginning. Statistical methods for nonparametric samples have been used.

**Results:** Significantly lower values of VAS (p<0.0001) and ODI (p<0.0001) were noticed, as well as significantly increased PSQI (p<0.0001) at the end in respect to the beginning, and significant relationship between the pain decrease and disability (r=0.3292, p=0.0105).
There was no significant difference between the sexes in pain reduction (p = 0.9856) and disability (p = 0.9171).

**Conclusion:** STM are efficient in the treatment of patients with LPS both sexes.

**Key words:** specific therapeutic methods, lumbar pain, manual methods

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