

## ORAL PRESENTATION OP6

# Effectiveness Of Maitland Mobilisation Grade II Versus Neuromuscular Re- Education Exercise in Managing Chronic Low Back Pain Secondary to Postural Syndrome

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### ABSTRACT

**Background and Objectives:** Chronic low back pain (CLBP) is a common musculoskeletal condition secondary to postural syndrome associated with disability and reduced productivity. This study compared the effects of Maitland Mobilisation Grade II and Neuromuscular Re-education (NMR) exercises in individuals with CLBP. **Methods:** A quasi-experimental study was conducted with 80 participants aged 35–50 years who had CLBP due to postural syndrome. Participants were evenly divided into Group A (Maitland Mobilisation Grade II) or Group B (NMR exercises). Interventions were delivered three times weekly for four weeks. Outcomes included pain intensity (Visual Analogue Scale), lumbar range of motion (goniometer), and Oswestry Disability Index for functional disability. **Results:** Both groups showed greater improvements in pain, ROM, and functional disability ( $p < 0.001$ ) compared to baseline. Compared to Group A, Group B demonstrated greater improvement in functional mobility (ODI reduction:  $19.4 \pm 3.2$  vs  $15.6 \pm 3.9$ ;  $p = 0.012$ ) and larger gains in trunk flexion and extension ROM ( $p < 0.05$ ). In contrast, Group A achieved greater short-term pain reduction than Group B (VAS decrease:  $4.6 \pm 1.1$  vs  $3.8 \pm 1.3$ ;  $p = 0.031$ ). **Conclusion:** Maitland Mobilisation Grade II is more effective for short-term pain relief, whereas NMR exercises are associated with greater improvements in functional mobility and postural control. Employing a combined or sequential approach may further enhance outcomes in the management of CLBP.

**Keywords:** Low back pain, postural syndrome, Maitland Mobilisation, neuromuscular re-education, functional, to improve functional capacity and quality of life.

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