

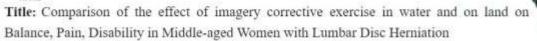
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Author(s): Najmeh Taheri Nahid Khoshraftar Yazdi Behnaz Shahtahmassebi Samineh Mokhtaran

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## Comparison of the effect of imagery corrective exercise in water and on land on Balance, Pain, Disability in Middle-aged Women with Lumbar Disc Herniation

يذيرفته شده براي يوستر

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نویسندگان

\*Samineh Mokhtaran + Behnaz Shahtahmassebi + W Nahid Khoshraftar Yazdi + Najmeh Taheri

ادانشکده تربیت بدنی و علوم ورزشی - دانشگاه فردوسی - مشهد - ایران.

\*Assistant professor in Department of Phylology exercise and sport injuires. Faculty of sport sciences. Ferdowsi university of Mashhad, Iran

استادیار آسیب شناسی ورزشی و حرکات اصلاحی، دانشکده علوم ورزشی، دانشگاه فردوسی مشهد

آدانشکده تربیت بدنی و علوم ورزشی - دانشگاه علامه طباطبایی- تهران-ایران.

جكيده

Abstract

:Purpose

Exercising in water and on land has a positive effect on improving of the symptoms of herniated lumbar disc. Visualization can also positively influence the treatment of some diseases, the effect of visualization on the treatment of lumbar disc herniation has not yet been investigated. Therefore, the aim of the study is to compare the effects of visualization correction during exercises in water and on dry land on balance, pain and disability of women suffering herniated lumber disc

:Materials and Methods

This research is conducted on YF women with lumber disc herniation, average age Ma to Fa years, who were randomly divided into two groups, experiment I and experiment Y. Before and after training, pain and disability and balance were measured by Quebec questionnaire, Oswestry standard questionnaire and Biodex balance device, respectively. The training program was carried out for six weeks, three sessions per week and Ya to Ma minutes per sessions. One training group carried out visualization in the water and the other group on land. Then the data was analyzed by using the repeated measures analysis of variance method at a significance level of P < 0.04

The results showed that both visualization procedures significantly improved pain severity ( $P=\circ,\circ\circ$ 1) and disability ( $P\le\circ,\circ\circ$ 1), in within groups in experimental 1 and Y groups. However, there was no significant effect on balance

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It may be concluded that the visualization of exercises in water and on land has a positive effect on improving pain and disability, but no effect on improving balance. Perhaps balance would improve if the exercises were performed face-to-face. Also, visualizing exercises in water and on land probably has the same effect on improving people's pain and disability.

کلیدواژه ها به انگلیسی

Disability Pain Balance Lumbar Disc Herniation Keywords Visualization