



# CERTIFICATE

No: 1952-SSRC

Date: 24-02-2024



This is to certify that the following title has been presented as **Poster** at the 14<sup>th</sup> International Congress on Sport Sciences (ICSSRI 2024) held by Sport Sciences Research Institute of Iran. The published abstract is available at the congress website.



**Title:** 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

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**DOI:** 10.22089/ssrc.2024.4802

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**14th International Congress on Sport Sciences**



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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

پذیرفته شده برای پوستر

شناسه دیجیتال (DOI): ۱۰.۲۲۰۸۹/SSRC.۲۰۲۴.۴۸۰۲

کد مقاله : ۱۹۵۲-SSRC

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چکیده

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 lumbar disc

:Materials and Methods

This research is conducted on ۲۴ women with lumbar disc herniation, average age ۳۵ to ۴۵ years, who were randomly divided into two groups, experiment ۱ and experiment ۲. 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 ۲۰ to ۳۰ 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  $P < ۰.۰۵$ .

Results

The results showed that both visualization procedures significantly improved pain severity ( $P=۰.۰۰۱$ ) and disability ( $P\leq ۰.۰۵$ ), in within groups in experimental ۱ and ۲ 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