

Qigong Therapy and Low Back Pain Syndrome in Adults a Narrative Review

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Abstract

Background: Low back pain (LBP) is a common disorder bothering many people in daily life. Qigong as a part of traditional Chinese medicine (TCM), is considered to be an effective therapy method in promoting health and reduce back pain in adults. **Purpose:** The purpose of the present study was to review and analyze the existing data about Qigong exercise and its possible effects as alternative medicine on pain and back problems in individuals with low back pain. **Methods:** Potentially related articles were narratively retrieved from the electronic databases PubMed and Physiotherapy Evidence Database (PEDRO). The search period was from January 2015 to August 2019 (01.01.2015 to 31.08.2019) and the keywords included the terms “Low back pain “and “Qigong”. **Results:** The main results of this study suggest the potential use of Qigong as a meditative easy movement may improve back function, range of motion and core muscle strength, it may also reduce the pain intensity and considered as a good strategy for pain management. This review might lend insight into more future studies on Qigong and its application in the treatment and prevention of low back pain. However, further experimental research is still needed.

Keywords: Movement; health; mind-body exercise; pain management