

**WIP-0454 EFFECTIVENESS OF PAIN
NEUROPHYSIOLOGY EDUCATION AND AQUATIC
EXERCISE PROGRAM COMPARED TO AQUATIC
EXERCISE PROGRAM ALONE FOR INDIVIDUALS WITH
CHRONIC LOW BACK PAIN**

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Objectives: The aim of this single-blinded randomized controlled trial was to investigate the effects of a 6-week program of aquatic exercise and two sessions of pain neurophysiology education (experimental group) compared to aquatic exercise program alone (control group) in individuals with Chronic Low Back Pain (CLBP).

Methods: Sixty two individuals with CLBP were randomly distributed in the experimental group (n = 30) and in the control group (n = 32). Outcome measures included pain intensity (Visual Analogue Scale), functional disability (Quebec Back Pain Disability Scale) and fear of movement (Tampa Scale of Kinesiophobia). Participants were assessed before the intervention, three weeks after the start of the aquatic exercise program, at the end of the intervention and 3 months follow-up.

Results: Significant improvements were found at the end of the intervention in both groups in what intensity of pain and

functional disability were concerned. Comparing both groups, the results favored the experimental group for intensity of pain scores after the intervention ($p = 0.032$) and after 3 months ($p = 0.007$).

Conclusion: The results show that the aquatic exercise program and pain neurophysiology education were more effective in improving pain intensity at a short and medium term than aquatic exercise alone. This study demonstrates that pain neurophysiology education can optimize results when combined with other active interventions such as aquatic exercise.