GYROTONIC EXPANSION SYSTEM®

Improves Core Stability and

Pain Scores in Persons with Low Back Pain

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Abstract

The purpose of the study was to determine the influence of GYROTONIC® training on measures of core stability and pain perception in adults with low back pain (LBP). Six qualified participants completed 8 weeks of Gyrotonic training and were compared to a control (C) group with LBP. Baseline and follow-up values were obtained using the Sahrmann Core Stability Test and the Oswestry Low Back Pain Disability Questionnaire. Following training, the exercise (E) group had significant improvements in core stability, moving up a level, and showed a trend towards a lower perception of LBP. Gyrotonic training appears to be a viable modality in improving the management of LBP.

Key Words

Exercise, Lumbar Pain, Core Training, Gyrokinesis