



## Posters Presentation

# The Effect of Regular Health Qi-gong Yi Jin Jing (HQGYJJ) on Measuring of Pain, Flexibility, Depression, Disability, Self-efficacy in Community Dweller (CD) Suffered from Chronic Non-specific Low Back Pain (CLBP): A Pilot Test

Author: Siu, Y Y P<sup>1</sup>, Professor Qin L<sup>1</sup>

Institution: Department of Orthopaedic and Traumatology, CUHK<sup>1</sup>,

### **Introduction:**

Deconditioning in both physical and psychological inactivity to one who suffered from CLBP which characterized by a loss of spinal mobility, reduction of muscle strength and with frequent anxiety and depression. The aim of health Qi-gong is promoting the circulation of Qi and energy within the body for pain relief and symptom reduction that Qi is cultivated through mental regulation, breathing regulation and postural regulation. The HQGYJJ characterized with its full range of movement of the spine with waist as the axis.

### **Purpose of the Project:**

The objectives of the study were to determine the effectiveness of regular HQGYJJ to CD with CLBP compared with a control group.

### **Material & Methods:**

The study was a pre and post-test design. Seventeen female subjects with age 46 to 68 from Regeneration Society were randomly assigned to either HQGYJJ group or control group. HQGYJJ group consisted of a 8 weeks of training program. Trunk flexibility by sit-and-reach test, pain intensity by numerous rating scales, depressive feeling by the Beck depression inventory-II and disability to activities of daily living tasks by the Oswestry disability index, Self-efficacy by Pain self-efficacy Questionnaire were served as outcome indicators. Mann-Whitney U test were used to compare the demographic data and outcomes between the two groups; Wilcoxon signed rank tests were used to compare the pre and post-test outcome for each group. Software SPSS 15.0 for Windows was used for statistical analysis.

### **Results:**

In HQGYJJ group, 8 subjects with mean(S.D.) age 57.6(5.1) found significantly decreased in median(range) most painful intensity in this week from 5(3.0-8.0) to 3.5(1.0-5.0) of numerous rating scales ( $p=0.043$ ) and increased in median(range) trunk flexibility from 22.8cm(16.5-34.1) to 28.5cm(19.3-35.3) in sit and reach test ( $p=0.030$ ). In compare with 9 subjects in control group with mean(S.D.) age 56.0(8.5), HQGYJJ group shown significant lower in pain intensity (most painful in this week  $p=0.036$ , least painful in this week  $p=0.027$ ) and higher self-efficacy ( $p=0.21$ ) than control group.

### **Conclusions:**

HQGYJJ help CLBP in reducing pain intensity, improving trunk flexibility and self efficacy, so it may serve as a community home program to help CLBP subjects to integrate into the community.