THE IMPACT OF A PROPOSED REHABILITATION PROGRAM ON THE LOWER BACK PAIN

Abstract
The backbone of a vertebrae stacked on top of each between each paragraph and paragraph cartilage works on human movement in different directions and works to absorb shock during walking, running, jump and composed the backbone of the cervical spine and dorsal vertebrae or thoracic and lumbar spine is located by carrying the weight of the upper limb full of skull cage and chest and its contents and the abdominal contents, which makes the lumbar spine more vulnerable to infection. The study aimed to identify the impact of building rehabilitation program for the victims of pain down the back and use the researcher adopted the experimental design of measuring tribal post test for the two groups, one experimental and the other control included in a sample search with pain lower back pain due to torn ligaments side of the paragraphs of the lumbar spine strength (22) infected between the ages of (35 -45) in (10) patients of the experimental group (10) patients of the control group. The results of the most important influences in the qualifying program improved range of motion of the spine to bend and extending the trunk and also affects the qualifying program on the lack of fat thickness of the back and side abdomen.

Key words: backbone, pain, exercise