

Comparison of the Two yoga and Pilates exercise training method on low back pain, the ed indices of physical fitness, body composition and functional disability and quality of life in women with chronic mechanical low back pain

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Abstract The aim of this study was to compare the yoga and Pilates exercise training on low back pain, the ed indices of physical fitness, body composition, functional disability and quality of life in women with chronic mechanical low back pain. In this quasi-experimental study, 30 women age $38/3 \pm 3/2$ years participated voluntarily, who were randomly assigned to yoga, Pilates exercises and control group (n=10). Participants in both the yoga and Pilates exercise groups attended three 1-hour exercise training sessions per week for the 8-week period of the intervention. Before and after the exercise as weight, body fat percentage, body mass index, balance, flexibility, aerobic capacity and back pain, functional disability and quality of life were measured. Kolmogorov-Smirnov test, paired t-test, and covariance were used to analyze the findings. All analyses were conducted using SPSS software (version 21). The significance level was set at 0.05. In comparison between groups, weight loss, decrease body mass index and body fat percentage and improve balance(Static Balance Test) , flexibility(sit and rich) and aerobic capacity(rakport test), and reduce pain(Back pain questionnaire quebec)and functional disability(Oswestry Disability index) and improve quality of life(SF-12 questionnaire) in both groups of yoga and Pilates exercise training were statistically significant deference ($p \leq 0.001$). In the meantime, only the flexibility of Pilates exercise group had a significant increase compared with yoga exercise training, and other variables between the two groups

was not statistically significant difference ($p>0.05$). The results indicated that both Pilates and yoga practices similar effect on the indices of body composition and physical fitness, relieve pain, reduce functional disability and improve quality of life.

Keywords : Keywords: yoga, Pilates, body composition, functional disability, physical fitness , quality of life

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