

BREATHING THERAPIES IN PATIENTS WITH SPINAL PAIN: A SYSTEMATIC REVIEW

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INTRODUCTION

- Individuals with spinal pain often experience respiratory dysfunctions (e.g. diaphragm fatiguability, thoracic breathing)
- The clinical effectiveness of breathing interventions in this population remains unclear

AIM

- To summarize the effects of breathing interventions on pain and disability in individuals with spinal pain by means of a systematic review

METHODS

- Studies using active instructions to modulate breathing in adults with spinal pain were included
- Breathing interventions were categorized into slow/deep/diaphragm breathing, respiratory resistance breathing, and breathing awareness, and further subcategorized into stand-alone treatments or combined treatments
- Study quality was assessed by Downs & Black tool

RESULTS

- 21 studies included
- 86% fair to good quality

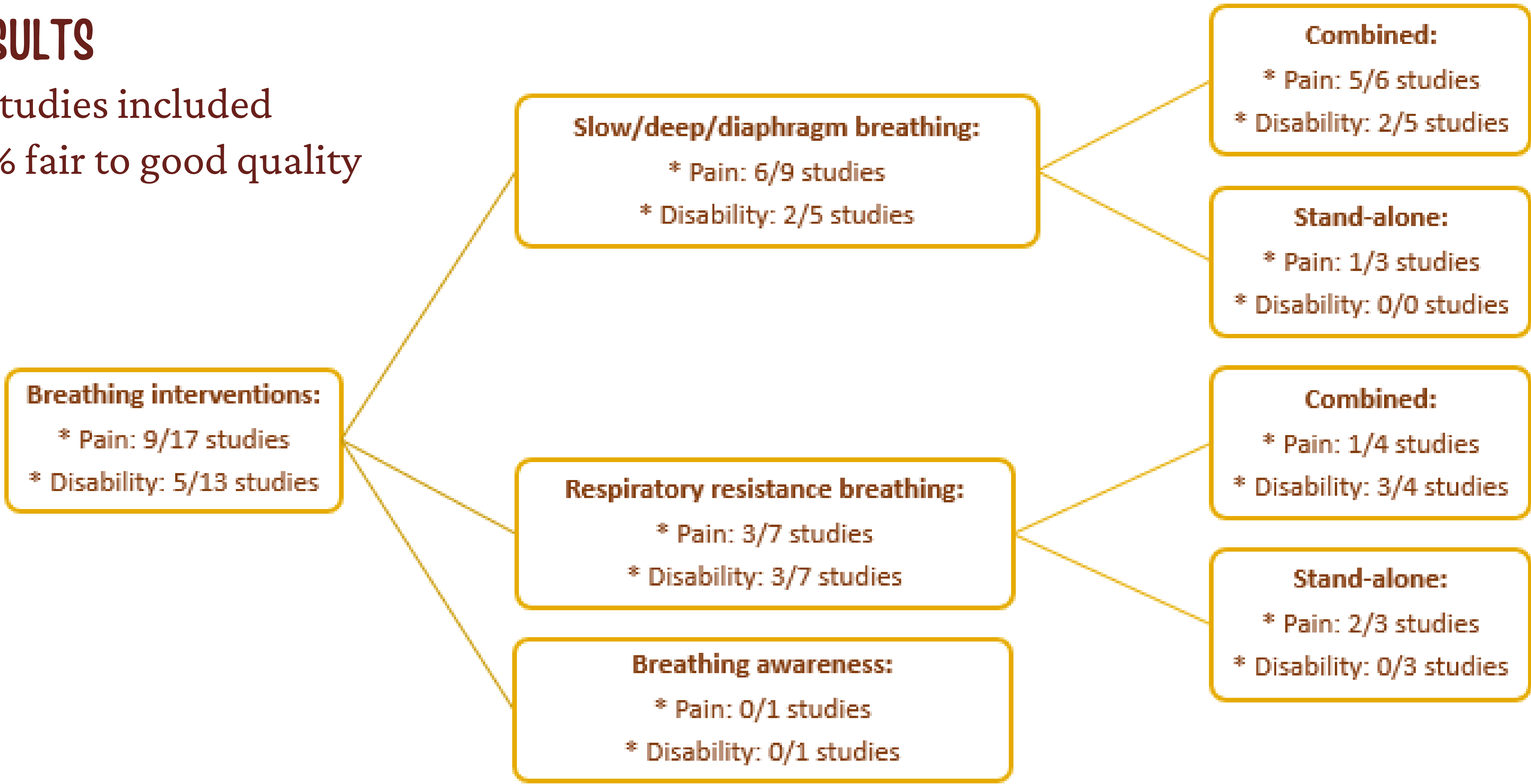


Figure 1: Number of studies reporting a significant improvement in pain and/or disability

DISCUSSION

- Effects of breathing interventions on pain and disability in people with spinal pain depend on the mode. There are promising effects of slow/deep/diaphragm breathing and respiratory resistance breathing, in particular when combined with active physiotherapy. Only one study investigated breathing awareness
- More high-quality studies are necessary to confirm those findings given the high heterogeneity in study designs and control groups. More studies regarding breathing awareness should be conducted.



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