ABSTRACT

Background: Chronic low back pain is a major public health concern. It is the leading cause for activity limitation, disability and resulting work absence. Due to worldwide increase of aging population, the number of people with musculo-skeletal disorders is likely to increase too. Low back pain is one of the most expensive health care problems and causes an enormous global burden. Therefore more worldwide attention and cost-effective treatment methods are urgently needed. The fascial distortion model by Typaldos offers a new approach to treat pain and restrictions of movement. The founder assumes that distortions of the fascial system cause the complaints and points out the neglected role of fascia and its connection with musculo-skeletal disorders. The results are of the interventions are said to be objective, obvious, measurable and particularly immediate.

Methods: The first part of this thesis shows an overview about the theoretical background of (chronic) low back pain as well as different treatment possibilities in physiotherapy and their evidence. The fascial distortion model is also presented in this chapter. In the second part a systematic literature review to determine the current state of the art concerning the fascial distortion model is conducted in medical databases and reference literature. A total of eight found studies are analyzed. Based on the results a study protocol is created in the last chapter. This protocol is aimed to assess the applicability and clinical effectiveness of the fascial distortion model for patients with chronic low back pain.

Results: Five clinical efficacy studies show partly highly significant results in the outcome parameters pain and active movement. The underlying mechanisms are still unresolved and different explanatory models are based on a variety of assumptions that still need to be tested.

Keywords:

Fascial distorsion model, Chronic low back pain, Physiotherapy, Study protocol, Review