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Effect of Adding Functional Dry Cupping Treatment Based Thoracolumbar Fascia Stretching to a Conventional Physiotherapeutic Management of Non-Specific Chronic Low Back Pain in District Level Cricketers - An Annotated Bibliographic Review

Diksha Audhkhasi¹, Pooja Sharma², Irshad Ahmad³, Nitesh Malhotra⁴

¹Postgraduate student, Department of Physiotherapy, Manav Rachna International Institute of Research & Studies, Faridabad, ²Associate professor, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies, Faridabad, ³Assistant Professor, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies Faridabad, ⁴Associate professor, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies, Faridabad

Abstract

[Purpose] The most frequent site of injury in fast bowlers is the low back due to repetitively hyper extending the trunk before releasing the ball. The lumbopelvic stability is reduced over a period of time as a result of reduced mobility of thoracolumbar fascia (TLF) giving rise to chronic low back pain (cLBP). In addition to conventional exercises, cupping therapy is also most widely used today as a complementary therapy for the reduction of low back pain. The purpose of this study was to review the current available literature on effect of dry cupping treatment in managing the cLBP. [Relevance] Information gained by this study would help in finding out effectiveness of adding dry cupping to the treatment protocol of non specific cLBP. [Participants] Eight full text articles were included for this review. [Methods] A literature search was performed using Google Scholar with the term Cupping therapy, thoracolumbar fascia, low back pain and cricketers. The articles were checked thoroughly and were reviewed. [Results] Significant increase in lumbar flexion ROM and decrease in pain reduction was found in group receiving dry cupping treatment. [Conclusion] Dry cupping proved to be beneficial in improving low back pain and can be used as an adjunct to conventional physiotherapy management. [Implications] Incorporating dry cupping in management of non specific cLBP would show better results than conventional exercises alone for cases of cLBP in cricketers.

Keywords: *Low back pain, Cupping therapy, Thoracolumbar fascia, Cricketers.*