

Reference: Wilhelm M, Learman K, Hooper T, James CR, Gilbert K, Brismée JM, Cook C, Sizer PS. The Effect of Low Back Pain History on Multifidus Contraction During Common Lumbosacral Voluntary Stabilizing Contractions

Context: Individuals who experience low back pain (LBP) are four times more likely to experience another episode within the next year. Low back pain has been shown to relate to multifidus (MF) changes, increasing the likelihood of pain reoccurrence. The abdominal drawing in maneuver (ADIM) and abdominal bracing maneuver (ABM) are two strategies used in hopes to prevent LBP reoccurrence.

Objective: To determine the effect of a LBP history (HxLBP) on deep