



UNIVERSITI TEKNOLOGI MARA

**VISUAL ANALOGUE SCALE (VAS) AND SELF LEG RAISED (SLR)
CORES FOLLOWING TRADITIONAL MASSAGE “TUSUKAN SIKU” IN
CHRONIC LOWER BACK PAIN (LBP) PATIENTS: MRI DIAGNOSTIC**

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3. Acknowledgements

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Thanks also to all patients who agreed to participate in this study. Beside their diseases condition, they were still given me a full support and followed all the instruction carefully.

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Last but not least I would like to thank Research Management Unit, UiTM for funding this research project. Without this funding I won't be able to conduct this research.

Che Noriah Othman

4. Enhanced Research Title and Objectives

Original Title as Proposed:

Magnetic Resonance Imaging (MRI) Characteristic, Visual Analogue Scale (VAS) And Self Leg Raiised (SLR) Scores Following Traditional Massage “Tusukan Siku” In Chronic Lower Back Pain (LBP) Patients.

Improved/Enhanced Title:

Visual Analogue Scale (VAS) And Self Leg Raiised (SLR) Scores Following Traditional Massage “Tusukan Siku” In Chronic Lower Back Pain (LBP) Patients. MRI evidence as a diagnosis tool.

Original Objectives as Proposed:

The objective of this study was to evaluate the effectiveness of Malay Traditional Massage “*Tusukan Siku*” in treating patients with Lower Back Pain (LBP) by using, Magnetic Resonance Imaging (MRI), Visual Analog Scale (VAS) score and Self Leg Raised (SLR) score evidences.

Specific objectives:

- 1. To use Malay Traditional Massage to treat LBP patient.
- 2. To utilise MRI technique, SLR and VAS test to evaluate the effectiveness of the treatment.

Improved/Enhanced Objectives:

The objective of this study was to evaluate the effectiveness of Malay Traditional Massage “*Tusukan Siku*” in treating patients with Lower Back Pain (LBP) by using, Visual Analog Scale (VAS) score and Self Leg Raised (SLR) score. Magnetic Resonance Imaging results will be used as a diagnostic tool of Lower Back Pain cases.

- 1. To use Malay Traditional Massage to treat LBP patient.
- 2. To utilise SLR and VAS test to evaluate the effectiveness of the treatment.
- 3. To use MRI result as a characteristic for the diagnosis of LBP patients.

5. Report

5.1 Proposed Executive Summary

Low Back Pain (LBP) is the most common condition in musculoskeletal disease. Previous epidemiologic studies have indicated that approximately 70–90% of the population experience LBP at one time or another in their lives. Use of traditional and alternative therapies including massage is common among different cultures to treat lower back pain but not proven clinically.

The aim of this study is to evaluate the effectiveness of Malay Traditional Massage “*Tusukan Siku*” in treating patients with lower back pain by Visual Analogue Scale (VAS) score and Self Leg Raised (SLR) score. The MRI result will be used as an evidence of the existing of LBP in all patients.

Chosen subjects will undergo two regimes of reconstructive therapy by an expert practitioner. The subjects will undergo Visual Analog Scale (VAS) test to evaluate their pain scale and Self Leg Raise (SLR) test to evaluate their physical power before and after treatment. VAS test will be performed by patients’ own rating. The VAS frame measures at a scale of 0-10. The scale indicators will be analysed as continuous variables for statistical analysis. SLR score will be measured by the orthopaedic surgeon. The patient will be lying down on his/her back and the examiner lifts the patient’s leg while the knee is straight. MRI will be used to visualize detailed internal structure and limited function of the body.

If proven effective this technique can be use as one of the alternative treatment for LBP. This will benefit both patients and doctors, as LBP treatment is no longer a surgical method. Such practices if proven effective can reduce the overall burden on health care system by reducing surgical procedures, and thus will reduce hospitalization due to LBP. Health care system can reduce their burden to manage the patients and the quality of life will increase in the family and society.

We need around RM 10,000.00 to carry out this project within the duration of 1 year.

5.2 Enhanced Executive Summary

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