

Abstract

- The Study aimed to identify the role of physical therapy centers in relieving back pain in Khartoum state.
- The study used a descriptive approach –it was chosen as intentional sample of 40 patients who suffer from back pain in Physical therapy centers in Khartoum state. Questionnaire was used as a key tool for data collection. The Questionnaire contained a number of (3)- axis (Physical therapy center in Khartoum State, Physical therapy, Lower back pain). The study use of appropriate statistical data processors using (SPSS).

The most important result of the study:

1. There are many Physical therapy centers in Khartoum.
2. Physical therapy centers accessible to all citizens at an affordable cost.
3. You can interview a physiotherapist at a high level of expertise.
4. Physiotherapy sessions include therapeutic exercises.
5. Face difficulty in performing daily activities because of back pains.
6. Less back pain after physiotherapy session.

The most important recommendations of the study:

1. Improve and develop services in physical therapy centers as general and special government centers.
2. Maintenance of equipment used in the physical therapy at the centers on a regular basis.
3. The introduction of the modern devices and instruments in physical therapy to treatment centers.
4. The session in the physical therapy and exercises should be done by a qualified person.
5. Further research and studies similar to the subject of the study on a larger scale at the level of localities and at the level of the whole of Sudan.