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Electroanalgesia in chronic low back pain

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Low back pain or low back pain is a set of painful manifestations, affecting 90% of the population, including the elderly and young people. It has numerous causes, such as joint degeneration, biomechanical and functional changes, incorrect posture, among others. Thus, there is limitation in ROM, pain, burning sensation and functional incapacity. Electrotherapy is the use of electrical currents for different therapeutic purposes. It is used to control pain, reduce edema and muscle spasm. To identify the effects of electroanalgesia on pain in patients with low back pain chronic. A non-systematic review of the literature was performed, where randomized clinical trials published between 2006 and 2020 were selected, according to the highest score in the score PEDro. The search involved the databases PEDro e PubMed, through the following terms: electroanalgesia, chronic, back pain, backache, TENS, electrotherap, *placebo*, *massage*. Six studies with a PEDro score between 7 and 10 were selected. In all studies, electroanalgesia was compared with massage or placebo. In five studies, when TENS was compared with massage, there was an immediate reduction in pain, improvement in disability and a reduction in medication consumption. In one study, after ten sessions there was no difference between TENS and interferential current. Another study showed that laser was more effective than TENS in reducing pain. There is no difference between TENS and interferential current. Electroanalgesia appears, in the short term, to reduce pain, medication consumption, as well as improve disability. Laser is more effective than TENS in reducing pain.

Keywords: You have low back pain. You have. Backache.

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