

## **CHAPTER VI**

### **CONCLUSION**

This study evaluated the reference values of exercise level attained for lumbar stabilization exercises in young healthy adults. The median exercise level successfully performed by the participants was level three, which may be used as reference values of exercise level attained for lumbar stabilization exercises in young healthy adults.

The median value can be used as reference values of exercise level attained for lumbar stabilization exercises in healthy young adults. This exercise protocol may be used to evaluate the ability to perform lumbar stabilization exercise. Physical therapist should prescribe level three and higher levels of exercise to non low back pain patients in order to prevent local stabilizer muscle weakness. Levels lower than level three may indicate local muscle stabilizer weakness and/or spinal instability, which may be a predisposing factor of low back pain in the future.