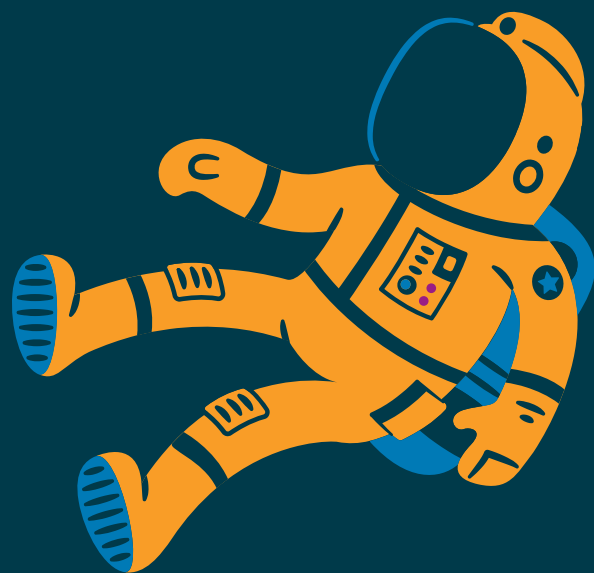


BACK ON EARTH

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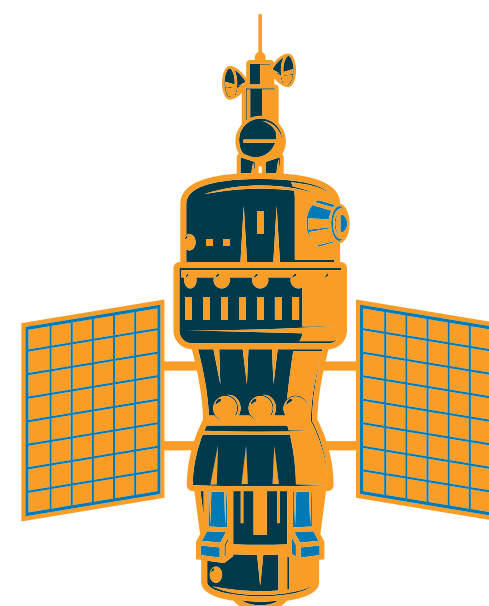
THE QUESTION

Are countermeasures to trunk muscle adaptations that occur in microgravity applicable to people with low back pain on Earth?

WHAT WAS DONE

Ultrasound imaging was used to examine changes in trunk muscle size and function following:

- 6 months of microgravity on the International Space Station
- a 15-day reconditioning program on Earth

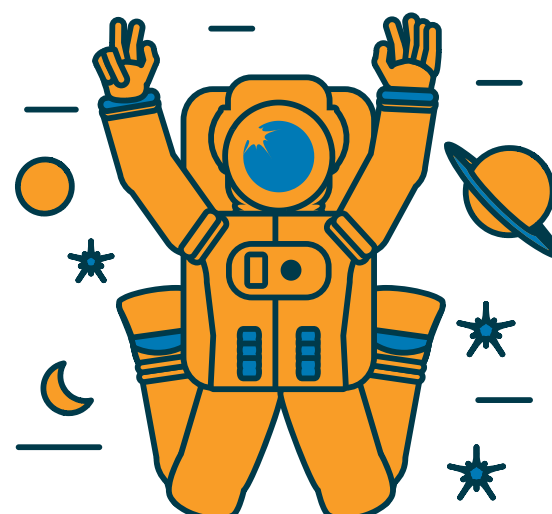


THE RESULTS

Many of the changes in trunk muscle size and function observed in microgravity were also seen in people with low back pain on Earth.

SO...

The exercises developed for astronauts after prolonged exposure to microgravity can be applied to people with chronic low back pain.



CHECK OUT THE PAPER AT: [HTTPS://TINYURL.COM/Y3QOWXGL](https://tinyurl.com/y3qowxgl) (PAYMENT REQUIRED)