

multiple classes a week, sometimes with many back-to-back classes per day. This may overwork their bodies if insufficient rest periods are given. In particular, those who conduct aerobic classes are likely to have a higher amount of forces loaded repeatedly onto their muscles and joints over long periods of time. Coupled with insufficient recovery time, the amount of stress within the body tissue builds up, and this may also increase the chances of sustaining injuries, gradually causing chronic pain as experienced by many GXIs. Other than repeatedly overloading and overtraining their body, daily activities like poor posture and other lifestyle habits can also be some of the causes of chronic pain. One example would be low back pain (LBP), with the lifetime prevalence of non-specific (common) low back pain is estimated at 60% to 70% in industrialized countries, and a one-year prevalence of 15% to 45%, and adult incidence of 5% per year (Duthey, "Low Back Pain", 4). A systematic review of 28 studies showed that the prevalence of chronic low back pain was 4.2% in individuals aged between 24 and 39 years old and 19.6% in those aged between 20 and 59. Of the nine studies that included individuals aged 18 and above, six reported a chronic low back pain prevalence between 3.9% and 10.2% and the other three studies showed a prevalence between 13.1% and 20.3% (Meucci, Fassa, Faria, "Prevalence of Chronic Low Back Pain", 1). Pain changes the quality of life and affects daily movement (Brumagne, Janssens, Janssens, Goddyn, "Altered Postural Control", 660), and studies have also showed that chronic pain has physiological & psychological effects on people (Crofford, "Chronic Pain", 170).

Osteopathic Manipulative Treatment (OMT) consists of techniques that can be used to diagnose, treat, and prevent illness or injury. Techniques such as myofascial release, Instrument Assisted Soft Tissue Mobilization (IASTM) and Muscle Energy Technique (MET) can be used alone or in combination by the therapist to achieve the desired session goals.

In this thesis, we aim to:

- 1) Understand if chronic pain experienced by GXIs who teaches aerobic classes are caused by overtraining, and

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