CHAPTER VI
CONCLUSION

Overall, the results of the current study exhibit a greater fatigability of lumbar multifidus (LM) and internal oblique (IO) muscles in the crossed sitting posture when compared to the heel sitting posture. Furthermore, the magnitude of the lower trunk discomfort increases over time for the both sitting postures. However, the finding failed to demonstrate a statistically significant difference of the visual analogue scale (VAS) between the two sitting postures. The current study also reveals highly significant negative correlation between the normalized median frequency (normalized MF) and the visual analogue scale (VAS). Therefore, the current study may suggest that the heel sitting posture is more appropriate than the crossed sitting posture, in terms of lower trunk muscle fatigue, for healthy Thai men aged 20-30 years and no knee/ankle pain when they need to work at ground level for 30 minutes in order to reduce injury of their low back. In addition, it can be assumed that when subjects had lower trunk discomfort, trunk muscles may realistically fatigue.