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MESSAGE METHODS FOR PREVENTION AND TREATMENT OF LUMBOSACRAL PAIN SYNDROME

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Introduction

Functional disorders with motor deficits of the sacroiliac joint (SIJ) is characterized by local and radiating pain. They can cause secondary occurred scoliosis, blockages and various clinical syndromes ~ dysmenorrhea, morbus Crohn, chronic adnexitis, and others.

Aim

The aim is to create and test Physiotherapeutic (PT) methodology, combining manual techniques and analytical exercises for patients with dysfunction of the sacroiliac joint and chronic pain syndrome in the lumbosacral area.

Material and methods

In the period 2014-2015, we treated 29 patients (18 men and 11 women) with pain syndrome and functional blocks of SIJ with an average age of 32.76 years. The patients were divided into 2 groups: control group (CG) -14 and an experimental group (EG) -15 patients. Before and after the treatment we assessed the intensity of pain (visual-analogue scale ~ VAS), SIJ mobility and muscle imbalance. The therapeutic program included classic massage, post isometric relaxation, analytical exercise and auto mobilization of SIJ. For the experimental group, classical massage was replaced by myofascial and positional release techniques.

Results

Statistically significant ($p < 0.05$) reduction of pain was registered in both groups, but it is 0.8 points higher in EG. Relaxation of shortened static muscles and improved mobility of SIJ is a prerequisite for improving the static and dynamic strength endurance of the abdominal, back and gluteal muscles, reliably more prominent in EG.

Discussion

Restoration of joint mobility and muscle balance significantly reduces symptoms of pain, which is why relapses in EG are significantly lower than those in the control - 26.7% for EG and 35.7% for CG.

Conclusion

Comprehensive methodology with co-administration of active PT, myofascial techniques and trigger points massage achieves maximum efficiency and can be reliably used by therapists in the country.

Key words: lumbosacral pain, muscle imbalance, massage