Treatments for back pain / herniated disc

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APSTRACT

Introduction: Many patients who use occupational health services expect the ultimate solution for their spinal injuries.

The nature of spinal problem is such that really requires a permanent solution and in most cases simply do not exist. Though surgical removal of the injured disc permanently stop the drive again causing symptoms, surgical removal of a disk creates scar tissue and mechanical switches stress on other drives, making them susceptible to injury. The goal is one of the leading statistical forecasts that someone needs spine surgery in the future When treating chronic problem with the spine, it is more realistic to think in terms of health management, there are a number of products that are available may provide short-term relief of symptoms of pain in the spine. Unfortunately, drugs are rarely acceptable long-term solution, because they have side effects and that the body gets used to the medication. In fact, studies show that long-term daily use of pain medications may increase the pain with time due to hyper-sensitivity of the nervous system, caused drugs.NSAIL (nonsteroidal anti-inflammatory drugs) NSAIDS (Non-Steroidal Anti - Inflammatory Drugs). Results: Epidural steroid injection (ESIs), also called "cortisone injection" because cortisone is the oldest and most commonly used steroid, ESIs can be quite effective in temporarily reducing inflammation and reducing symptoms associated with mount attachment and disc degeneration. Steroid injection is primarily effective in milder cases of the disc bulge or bun because in these situations, inflammation is a primary source of compression nerve kortizonite and other steroids have side effects that they significantly interfere with the body and the mechanisms of normal healing and actually can weaken the bones and soft tissues in the area around the injection site.This is why doctors usually limit the patient to a maximum of three steroid injections per year. They not only weaken the tissue, also weaken the immune system of the body, it becomes more susceptible to infections. Finally, although often promoted as a means of avoiding surgery. A recent study conducted on over 100 patients, more than 2 - 3% initially treated with steroid injections completed with additional invasive procedures or surgery within two years. Spinal decompression has the advantage of a secure, comfortable for the patient, non-invasive and end efektivs (over 80% effective at the lumbar spine and 70% effective in cervical spine). Conclusion: As you can see, although they are sometimes helpful in alleviating symptoms temporarily, steroid injections are not ideal, and not a very effective means to treat disc problems for most people. The use of physical therapy, and hieropraktikata Kynesitherapy is of great importance.

Keywords: hyper-sensitivity, disc herniation, vertebral