



# RADIOFREQUENCY THERAPY AND APPROACH IN NEUROREHABILITATION FOR LUMBOSACRAL RADICULOPATHY

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## Introduction

Targeted radiofrequency therapy is a novel therapeutic modality with many potential applications in pain management, muscle relaxation and tissue regeneration support. The heat is generated by applying high-frequency electric field between the applicator and the reference electrode.

## Aim

The aim of the study is to determine the effectiveness of targeted radio frequency therapy as a non-invasive method of reducing pain in patients with lumbosacral radiculitis.

## Materials and methods

Analyzes were made for the presence of lumbar and radicular pain in 21 patients with lumbosacral radiculitis due to discopathy. Pain was assessed visually by the Analogue Scale (VAS) before and after treatment. Treatment includes 6 radio frequency therapy procedures lasting for 10 minutes. Optional: postisometric relaxation for m. erector spinae, m. quadratus lumborum and m. iliopsoas; segmental massage; positional treatment; exercises for strengthening the weak muscles; relaxation and extension therapy.

## Results

After treatment with radiotherapy and additional kinesitherapeutic agents, pain was assessed by the VAS scale (the pre-treatment value decreased from 8.1 points to 3.6 points after treatment). Significant improvement at the end of the 6th procedure was found in 85% of patients treated with targeted radio frequency therapy.

## Conclusion

The positive effect of radiotherapy in patients with lumbosacral radiculopathy is confirmed.

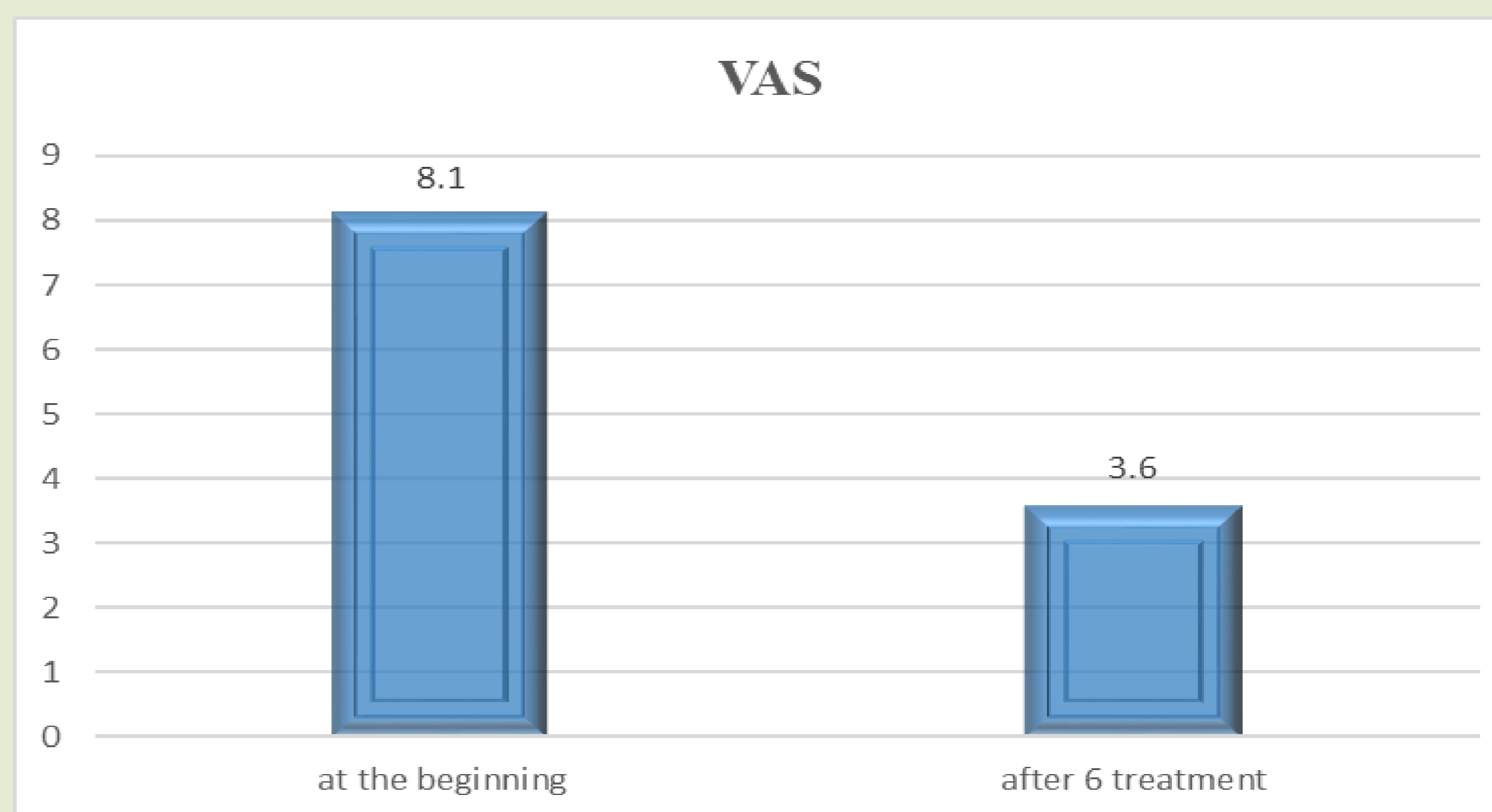


Figure 1: Changes in the mean values of VAS

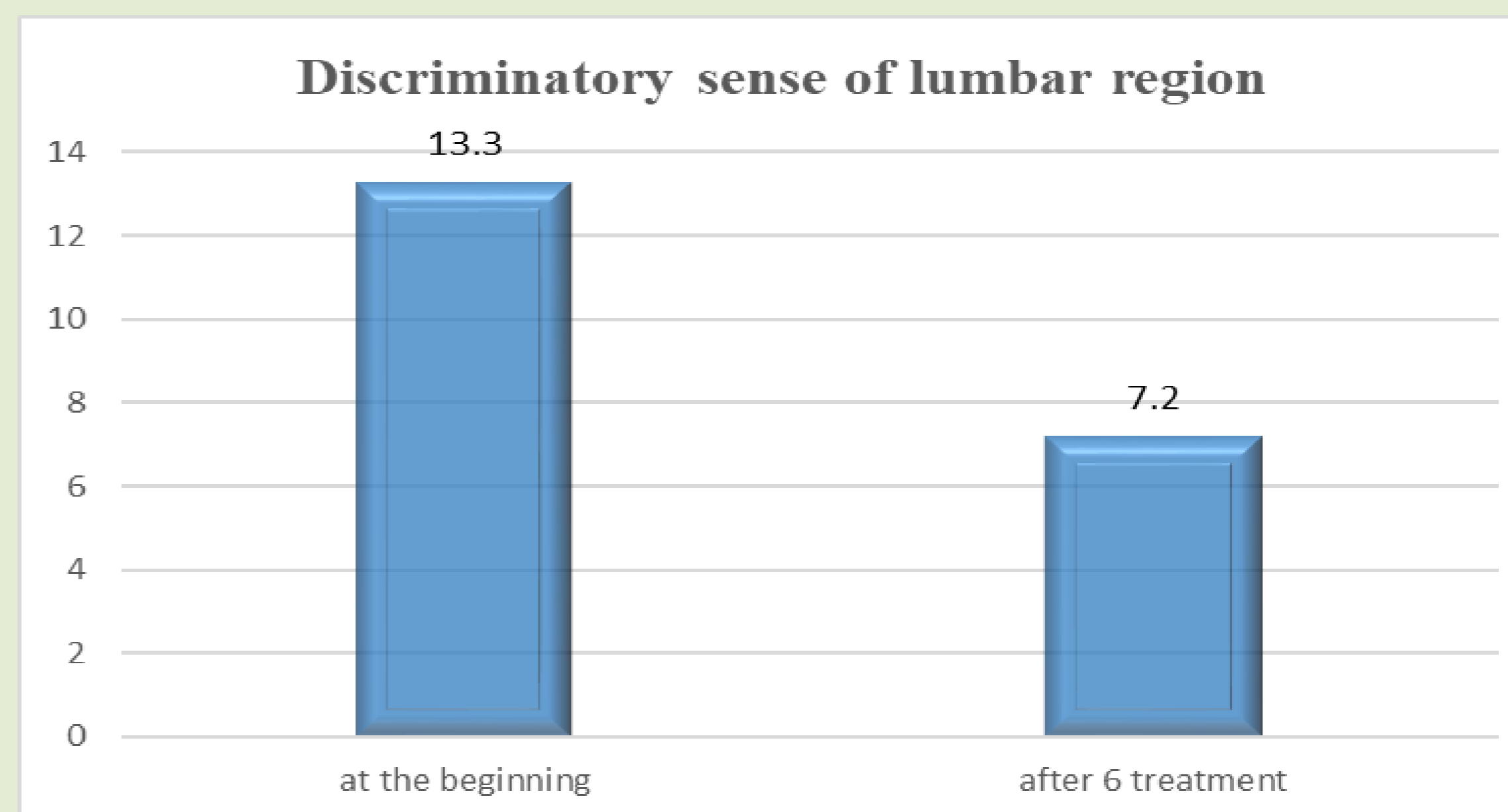


Figure 2: Changes in the mean values of discriminatory sense of lumbar region

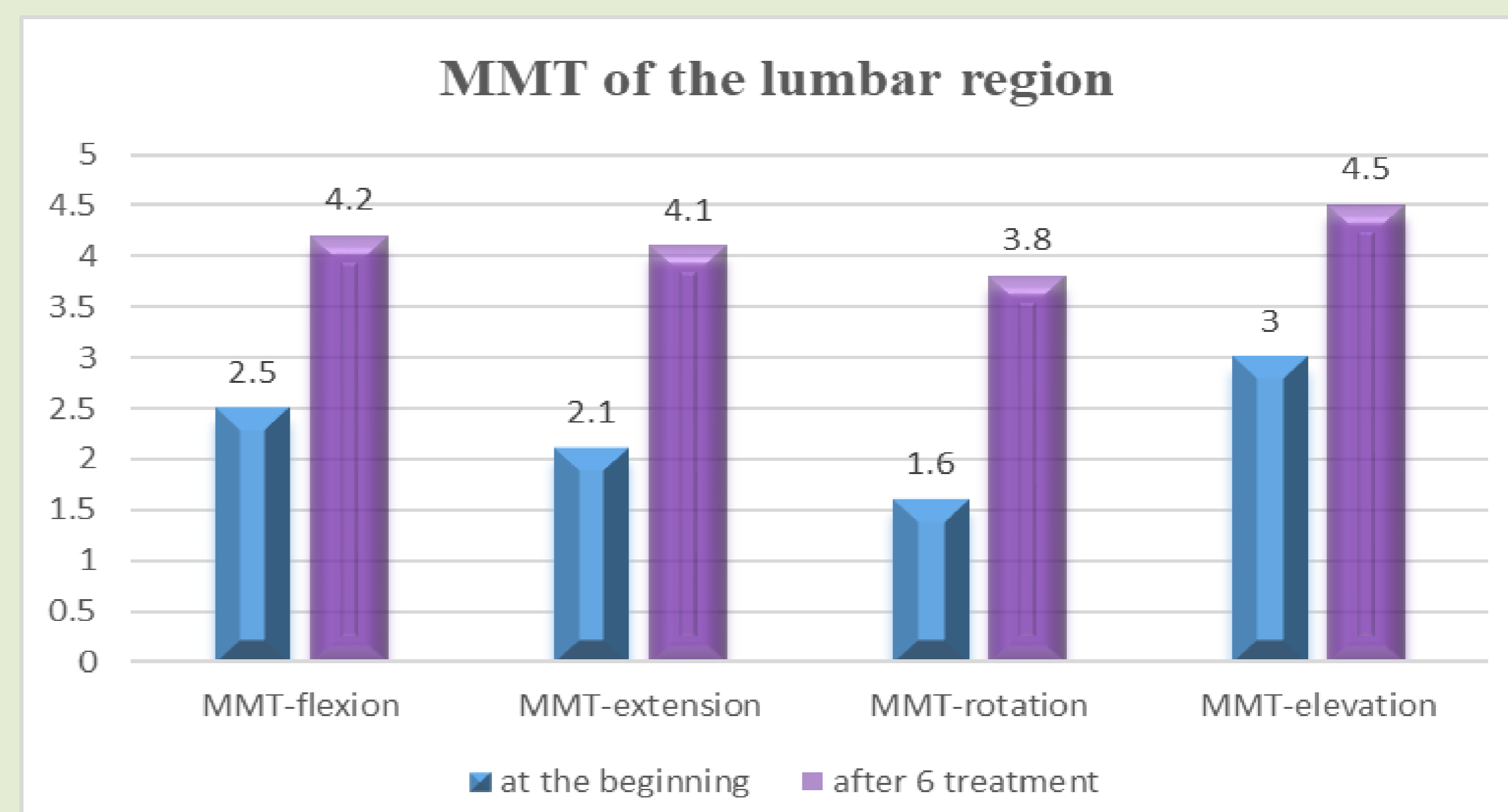


Figure 3: Changes in the mean values of MMT of the lumbar region