

KINESITHERAPY IN LUMBAR-SPINAL STENOSIS

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Objective

To monitor the effect of combination kinesitherapy in patients with lumbospinal stenosis (LSS).

Methods and Materials

The study was conducted with 15 patients (mean age 42.4 ± 7.6 years) with established LSS, by MRI. Functional studies have been performed and there is increased muscle tone of the paravertebral muscles, smoothed lumbar lordosis - pelvic inclination, increased muscle tone of the hip flexors and knee flexors. For the purpose of the study, manual muscle testing of the muscles with reduced tone was performed: abdominal, sciatic, m.quadriceps femoris and shoulder girdle muscles. Included are means to: pain reduction, normalization of motility; overcoming muscle imbalance, increasing lumbar mobility, posture correction and relapse prevention.

Results

The evaluated early (10th day) and late (1st month) effect of the application of kinesitherapy shows that the included means improve the functional possibilities, and the results are maximally expressed on the 1st month from the beginning of the treatment ($p < 0.001$).

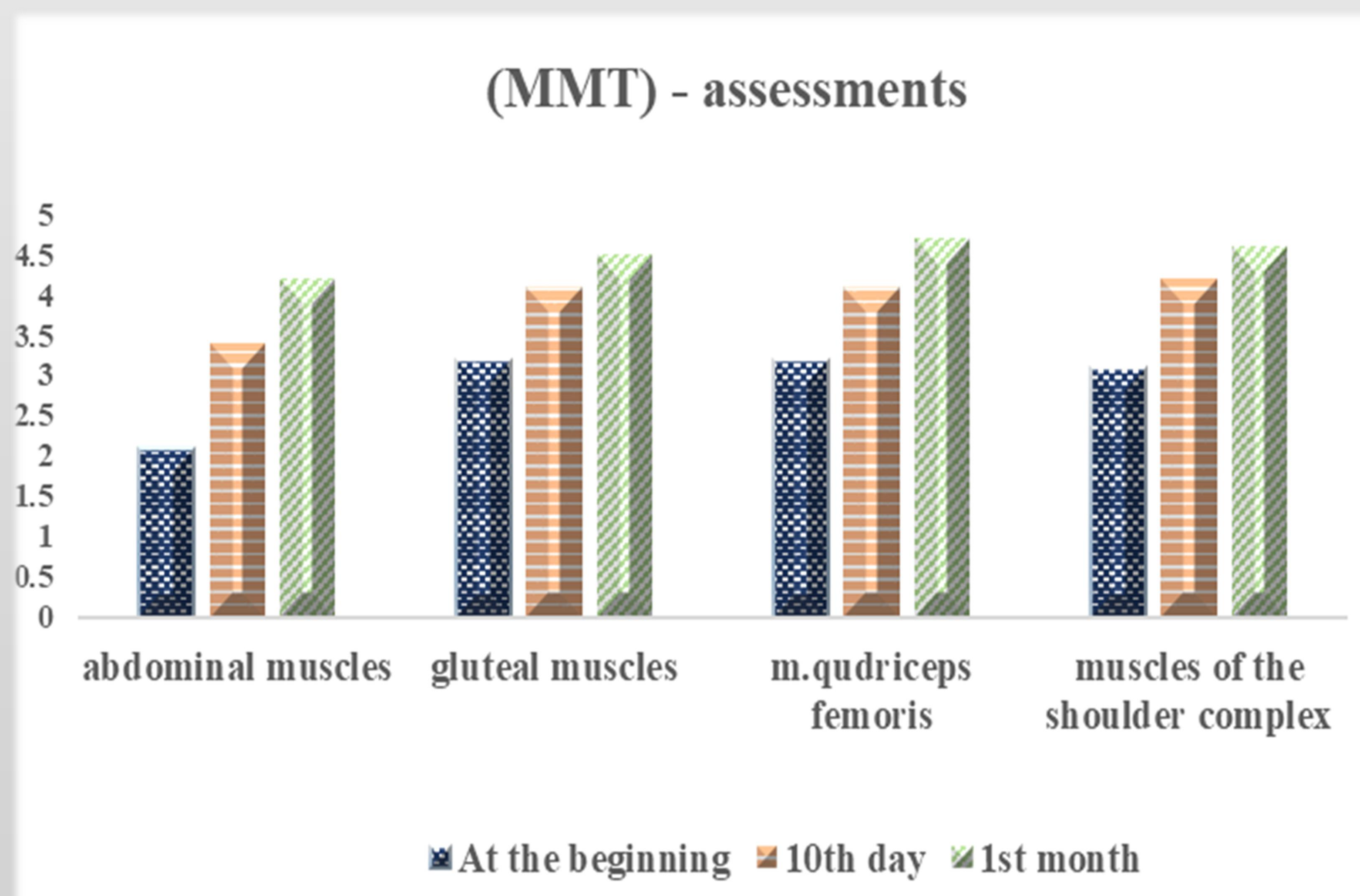


Fig.1 Graphical representation of changes in MMT

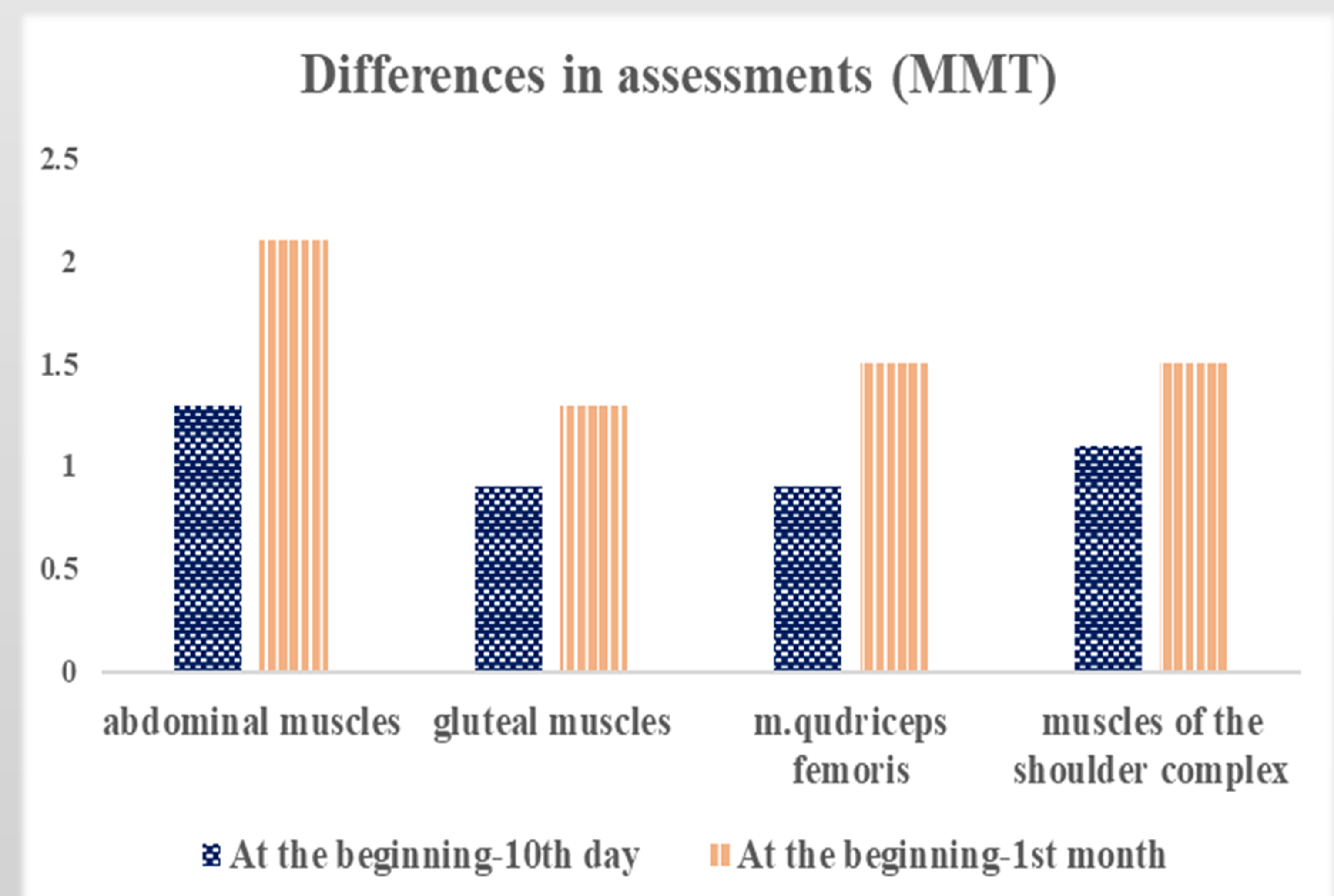


Fig.2 Graphical representation of differences in assessments - MMT

Conclusion

The observed improvement is related to the long-term application of the methodology based on modern principles of kinesitherapy and the application of specialized techniques: postisometric relaxation, segmental massage, postural treatment, exercises to strengthen weak muscles, relaxation, extension therapy, active exercises from different starting positions, relieved for lumbar region and hydrokinesitherapy.