



KINESITHERAPEUTIC AGENTS FOR LUMBAR DISC DISEASE

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PURPOSE

To monitor the effect of kinesitherapeutic agents on functional disorders in patients with lumbar disc disease due to disc protrusion.

CONTINGENT AND METHODS

The study examined 8 patients with vertebral and neurological syndrome after lumbar disc protrusion in the acute stage, who agreed to kinesitherapy at home for a period of 1 month. The effect of the application of kinesitherapeutic agents on the reduction of pain and muscle tone, improvement of the mobility of the spine and control of the peripheral neurological symptoms is evaluated. Applied: postisometric relaxation of m. erector spinae, m. quadratus lumborum and m. iliopsoas, segmental massage, posture treatment, exercises to strengthen weak muscles, relaxation, extension therapy and active exercises from different starting positions.

RESULTS

The study showed that the applied kinesitherapy for 1 month has a positive effect, reducing pain and muscle tone, improving the mobility of the spine and overcoming peripheral neurological symptoms.

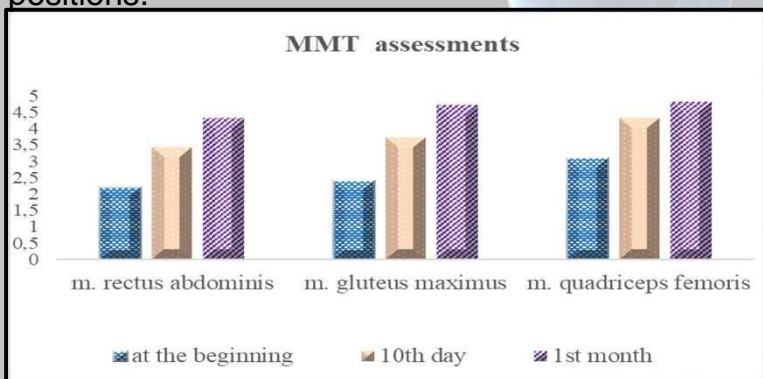


Fig. 1 Graphical representation of changes in MMT assessments

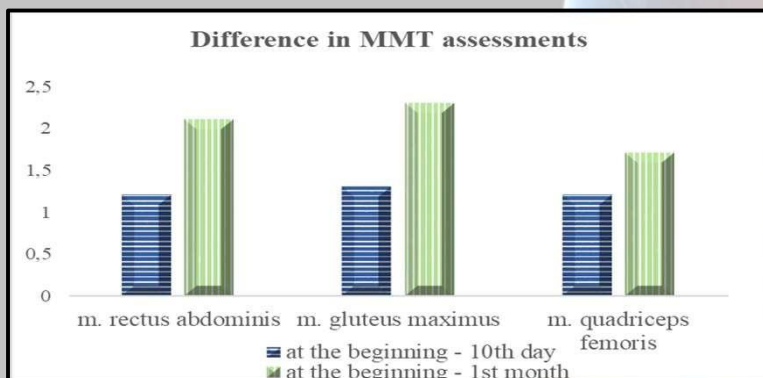


Fig. 2 Graphical representation of difference in changes in MMT assessments

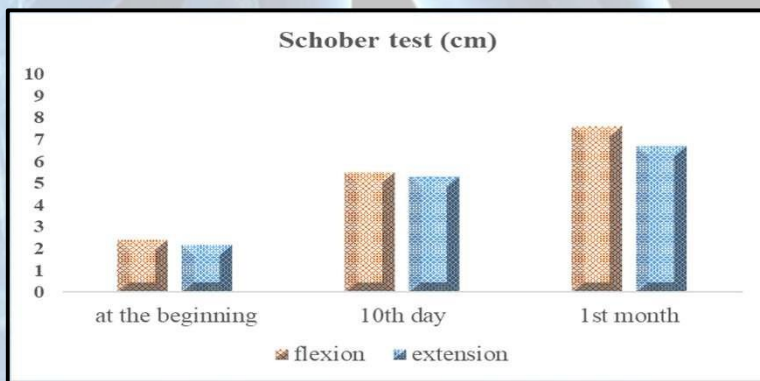


Fig. 3 Graphical representation of changes in Schober test (cm)

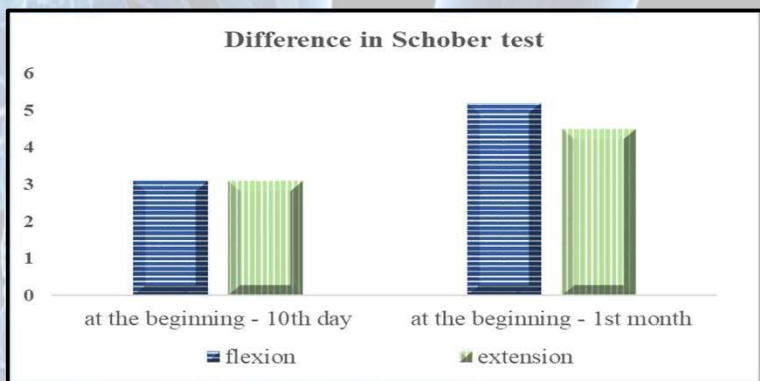


Fig. 4 Graphical representation of difference in changes in Schober test

CONCLUSION

Prolonged use of kinesitherapeutic agents has a positive effect in patients with lumbar disc disease, which leads to a correction in the modern animal and work style of patients.

➤ **LUMBAR DISC DISEASE**
 ➤ **KINESITHERAPY**
 ➤ **ACUTE STAGE**