



# INFLUENCE OF KINESITHERAPY ON NEURITIS OF SCIATIC NERVE

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## Purpose

To monitor the effect of kinesitherapeutic agents on functional disorders in patients with neuritis of sciatic nerve.

## Contingent and methods

The study examined 11 patients with neuritis of sciatic nerve in the subacute stage, who agreed to kinesitherapy at home for a period of 1 month. The effect of the application of kinesitherapeutic agents on the restore pain-free functional movement patterns relieve lower back, buttock, thigh, and leg pain, reduce muscle spasm, restore function of the lumbar spine and the sacroiliac joint, improve mobility of the lower body, promote neurologic adaptations to reduce the perception of pain, prevent future pain flareups and reduce fear associated with movement. Applied: postisometric relaxation, 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 ( $p < 0,001$ ), reducing pain and muscle tone, improving the mobility of the spine, prevent recurrences, flareups and peripheral neurological symptoms

## Conclusion

Prolonged use of kinesitherapeutic agents has a positive effect in patients with neuritis of sciatic nerve, which leads to a correction in the modern life and work style of patients.

Sciatic nerve

Neuritis

Kinesitherapy

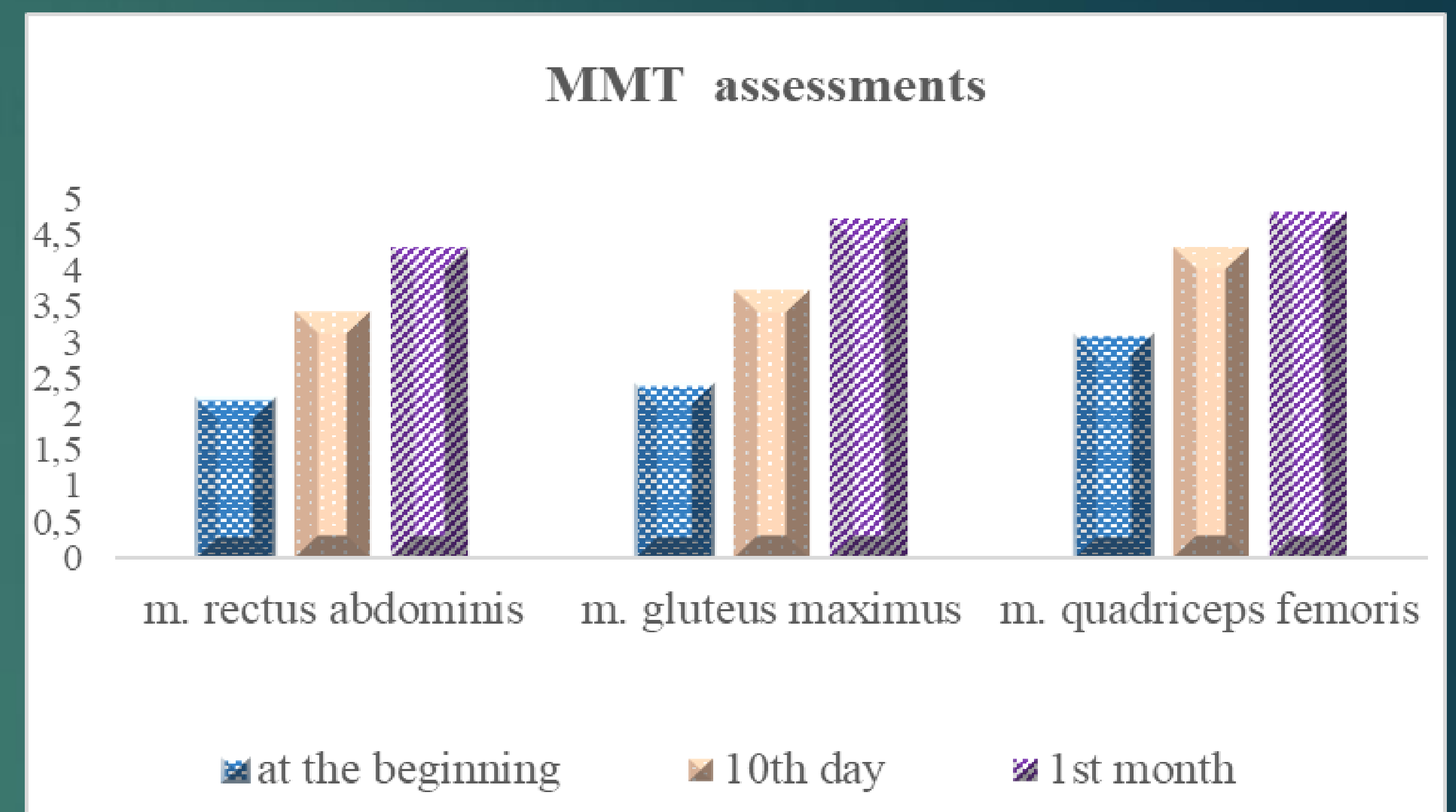


Fig. 1 Graphical representation of changes in MMT assessments

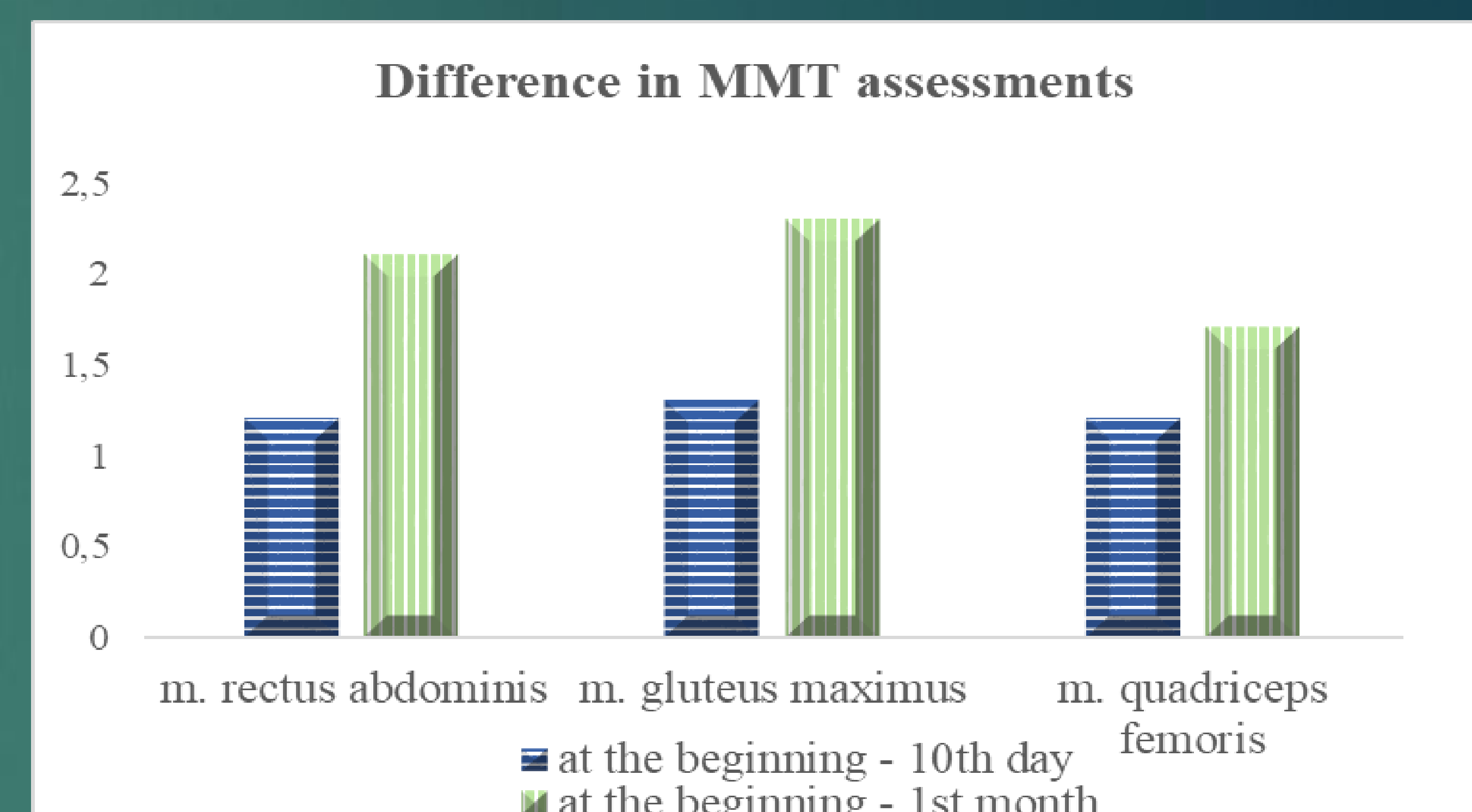


Fig. 2 Graphical representation of difference in changes in MMT assessments

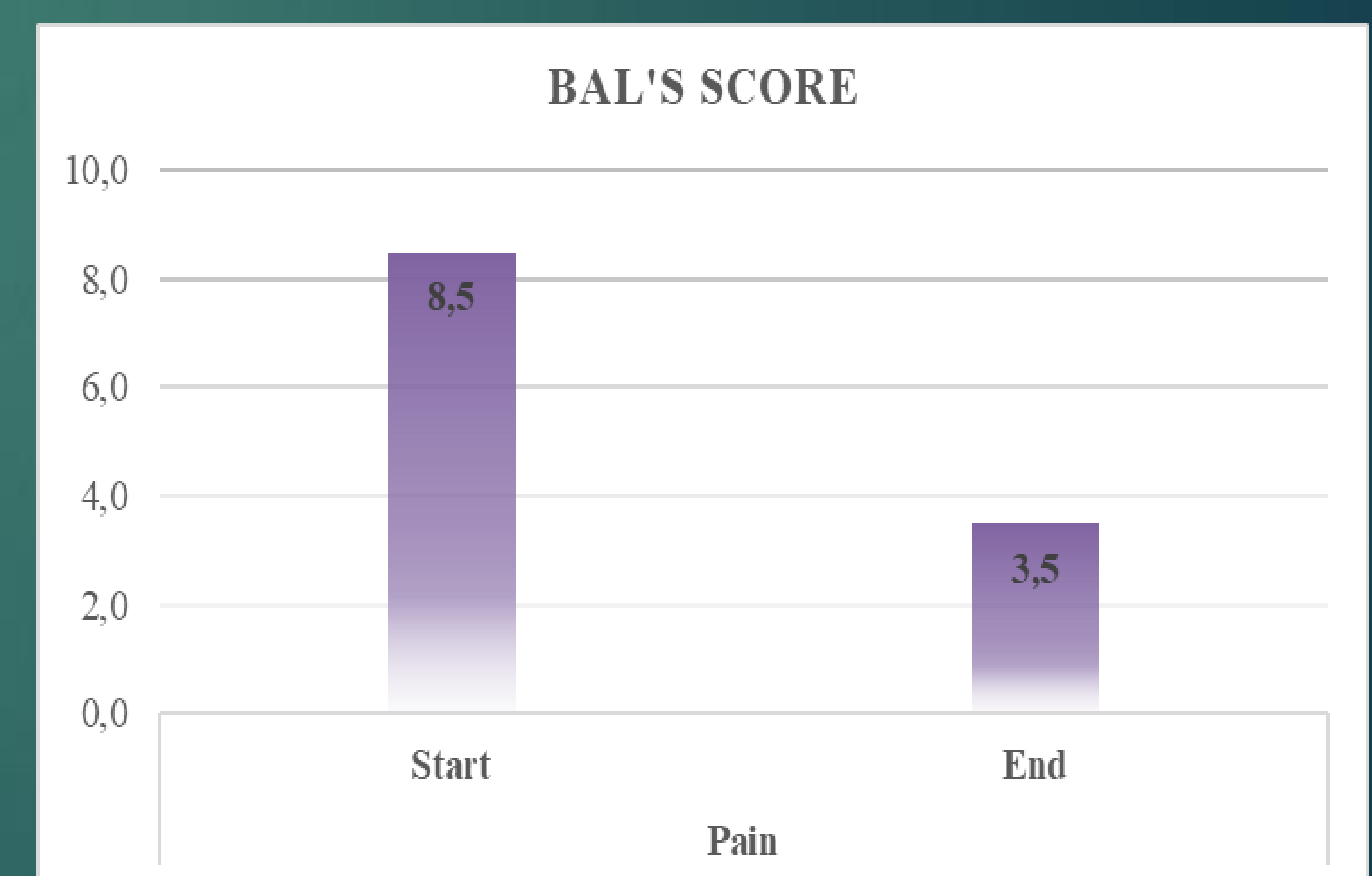


Fig. 3 Graphical representation of changes in Pain test