

Abstract: Lumbar syndrome is the most common cause of chronic pain which includes: lumbago, lumbar ischialgia, lumbar discopathy, lumbosacral radiculitis, spondylosis, spondylolisthesis, etc, as a consequence of a functional disorder in the lumbar region. Research methods: The research was conducted in Tetovo Clinical Hospital, in the period from 03.04. until 06.05.2024. 13 patients diagnosed with Lumbar syndrome are included in the research, (8 men and 5 women). Patients are divided into Control and Experimental group. For patients from the Control group, Physical therapy treatment is applied which includes lumbar traction; manual massage in case of chronic myofascial pain syndrome; treatment of trigger points; cryotherapy; laser therapy along Valle's points to reduce pain and compression; For patients from the Experimental group, the are applied: Acupuncture in painful points, Gua sha therapy and Tuina Chinese massage. Conventional diagnostic methods: The diagnosis is made based on the anamnesis. This is followed by a clinical examination, functional testing and mobility testing of the spine and lower extremities, assessment of muscle strength, and nerve root pressure symptoms. Complementary diagnostic methods: The diagnosis is made according to the principles of Traditional Chinese Medicine (TCM). Differentiation of the syndrome; The program and scheme for treatment with TCM is prepared in accordance with the obtained results of the functional testing. The aim of the research is: To make a comparison of the achieved effects of treatment with conventional and complementary methods in patients with lumbar syndrome. Treatment of lumbar syndrome: In the acute phase, rest and reduced physical activity are recommended. The patient should lie on a firm surface, with hips and knees flexed (Fowler's or Williams' position or in a position that best suits the patient. Electrotherapy procedures include: Electrophoresis of drugs (analgesics, NSAIDs and vasodilators); Diadynamic current (CP and LP modality); Interference currents; Ultrasound and Phonophoresis of medicines; TENS, and Shortwave diathermy in rare cases. Kinesitherapy treatment includes: treatment with position, passive exercises, actively assisted exercises, elasticity and stretching exercises, relaxation exercises, breathing exercises; The goal of treatment is to reduce pain and increase range of motion in the lumbar region. Functional testing is done before starting and at the end of treatment; Results: After the completion of the treatment in patients with lumbar syndrome, the achieved effects were summarized and a comparison was made of the achieved changes from the applied conventional and complementary methods. In patients from the Control and Experimental groups, a visible decrease in pain and an increase in the range of motion in the lumbar area was observed. In the patients of the Experimental group, where acupuncture in painful points, guasha therapy and tuina massage are applied, much faster results were achieved compared to the patients of the Control group. Discussion: Treatment with Physical Therapy causes a decrease in pain and an increase in the range of motion in the lumbar region. Kinesitherapy exercises strengthen the abdominal and paravertebral muscles and form a solid muscular corset for proper spine posture. The application of kinesitherapy has an important role in the treatment of patients with lumbar syndrome, which aims to strengthen the muscles that support the spine. Conclusion: In Complementary methods of treatment, much faster results are observed compared to Conventional methods of treatment. **Key words:** Lumbar syndrome, pain, radiculitis, lumbago, ischialgia.

Field: Medical Sciences