



# EFFECT OF EXTENSION THERAPY IN THE MOST COMMON VERTEBRAL SYNDROMES

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**Purpose:** The aim of the research is to study the effect of extension therapy in improving the mobility of the spine in the most common vertebral syndromes

**Results:** From the processed data results are obtained for a significant improvement of the range of movements in the cervical and thoracic region.

**Contingent and methods:** 22 patients (11 men and 11 women) aged 35 to 50 years with diagnosed vertebral syndromes were included in the research study. During the rehabilitation, a functional test is applied - goniometry. Measurements are carried out at the beginning of the rehabilitation, in the middle and at the end of the treatments. According to the localization of the extension during the application, it is cervical or lumbar, horizontal or vertical along the axis of the body, and according to the method of traction it can be static, intermittent and/or cyclic. The method of application differs depending on whether cervical or lumbar extension is applied.

**Conclusion:** Kinesitherapy and methodological guidelines for strengthening the paravertebral, abdominal and gluteal muscles in combination with electrotherapy which has a main analgesic effect and a combination with extension therapy can lead to significant changes in terms of increasing the amplitude of movement in the affected joints of the spine.

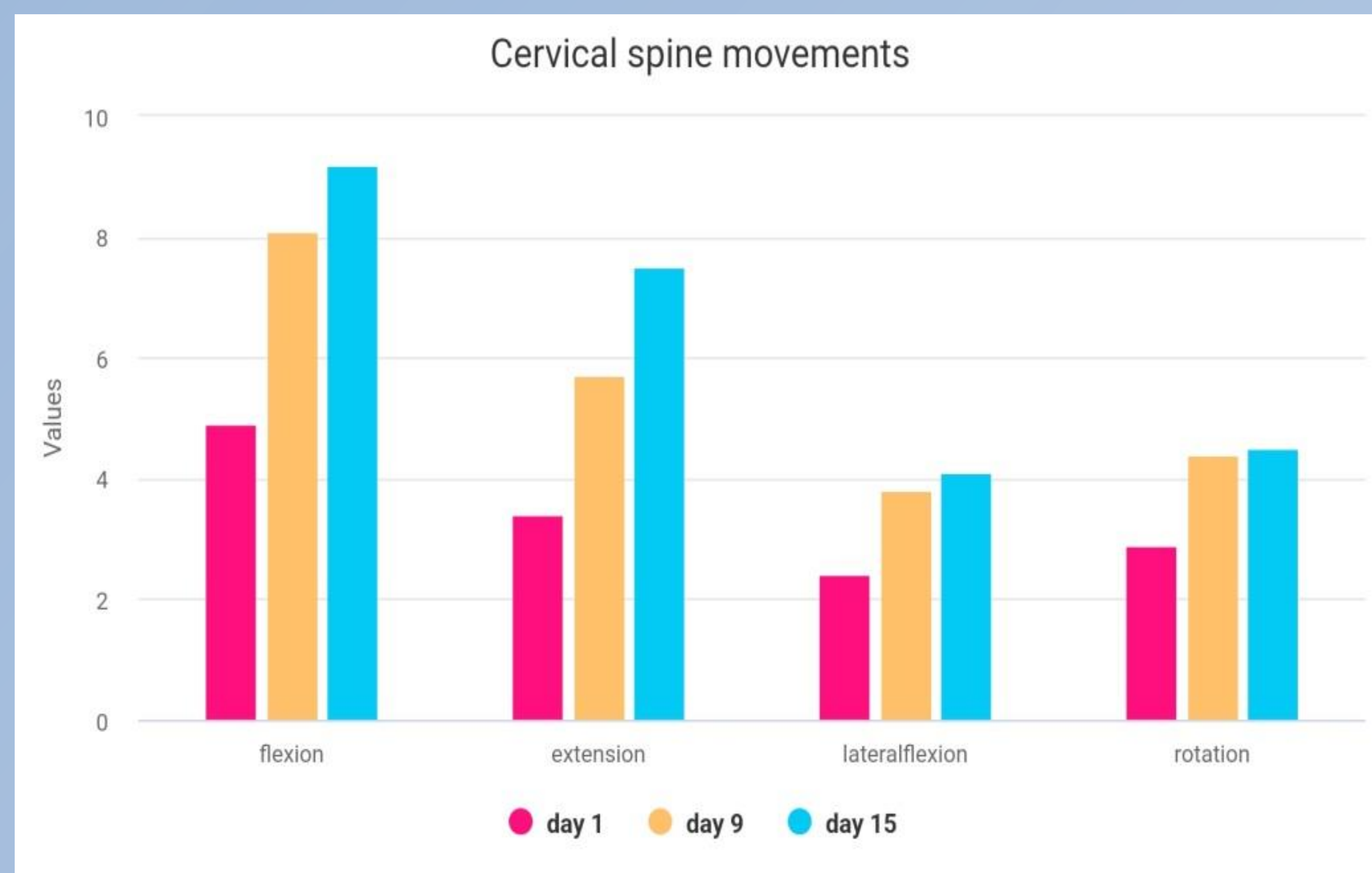


Figure 1. Changes in cervical spine movements compared by days

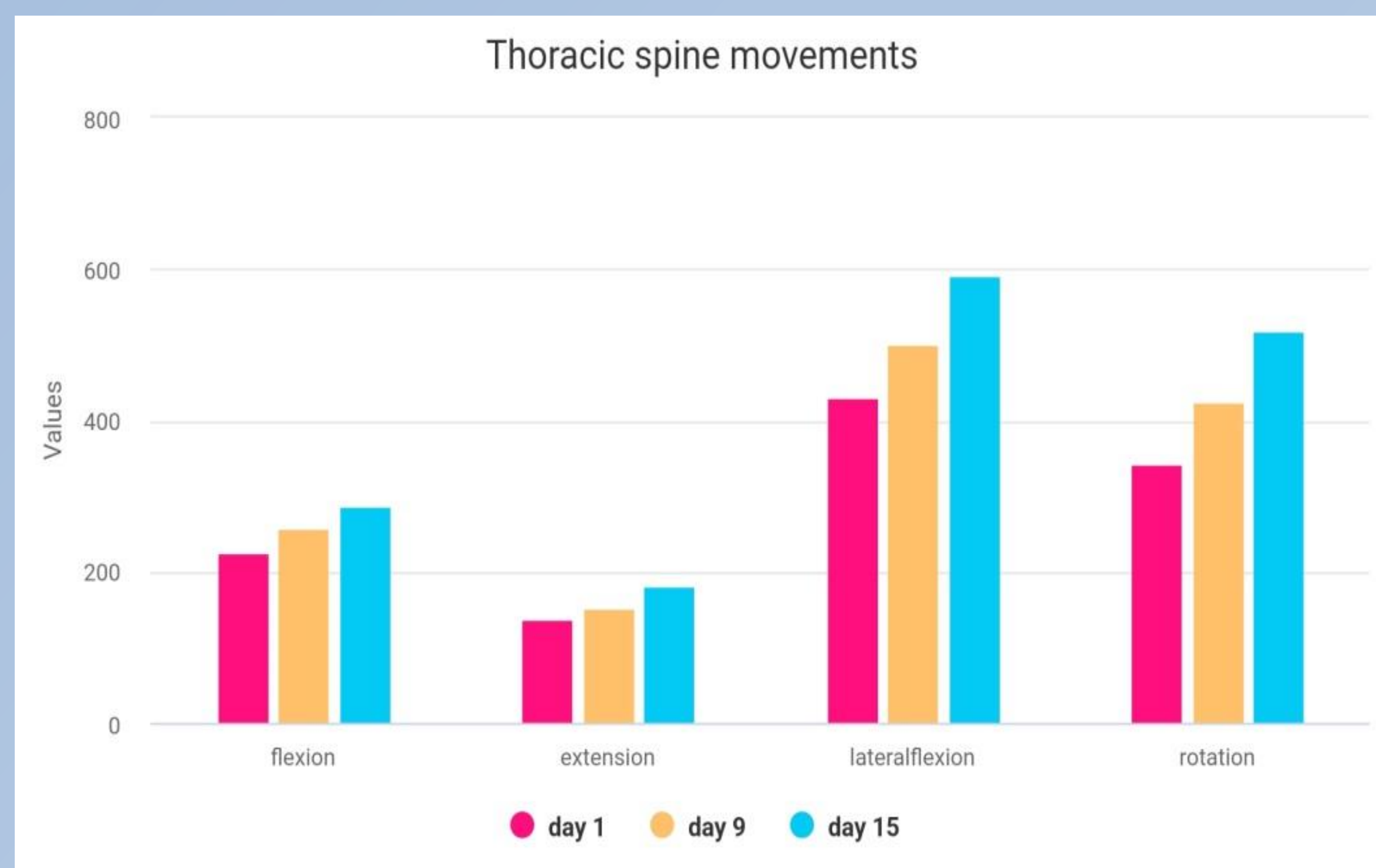


Figure 2. Changes in thoracic spine movements compared by days



extension - model "Triton"

