



Effects of mechanical decompression in patients with degenerative changes of the intervertebral discs

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Purpose: The aim of the study is to assess the effectiveness of mechanical decompression in patients with degenerative changes in the intervertebral discs, by comparing the level of pain, mobility and functional status before and after treatment.

Results: After completion of the treatment with mechanical decompression, the analysis of the results showed a significant reduction in pain in six out of seven patients, according to the Visual Analog Scale (VAS). The average pain score before starting the therapies was 7.2 (out of 10), while after ten treatments, the average score dropped to 2.8. Most patients showed improvement in lumbar segment function, with increased range of motion and better mobility during daily activities. No side effects from the therapy were recorded in any patient, indicating the safety and good tolerance of mechanical decompression as part of physical treatment.

Contingent and methods: The study was conducted on a sample of 7 patients diagnosed with degenerative changes in the intervertebral discs in the lumbar region. The patients underwent a series of 10 treatments with mechanical decompression, using a specialized therapeutic device. Data were collected through a Visual Analog Scale (VAS) for pain, functional tests, and subjective surveys.



Mechanical therapy

Conclusion: Mechanical decompression is an effective and safe method for the treatment of degenerative changes in the intervertebral discs. Its application can improve the quality of life of patients and reduce the time required for rehabilitation. The research provides a basis for further studies and clinical implementations.

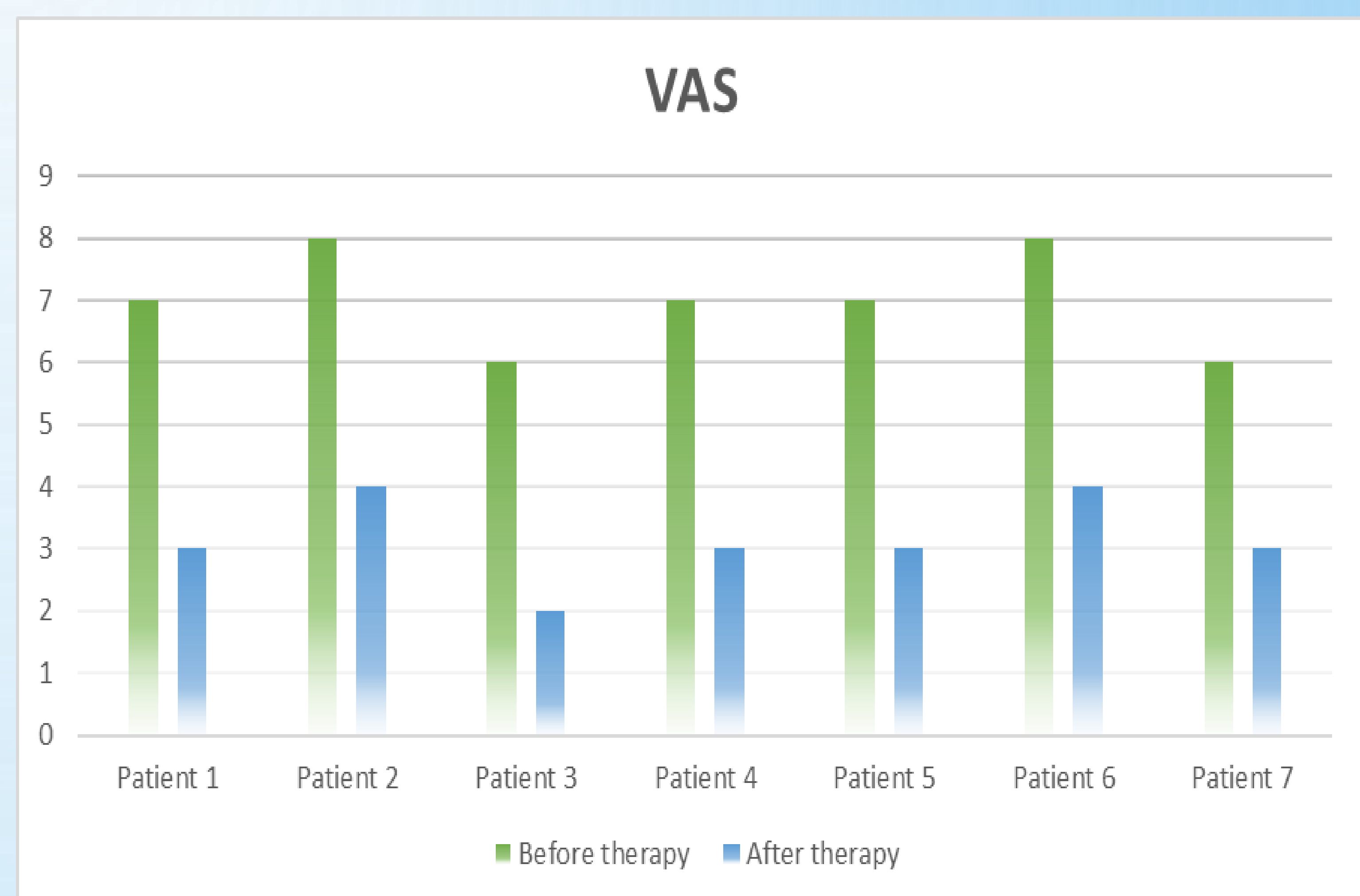


Figure 1. VAS scores before and after therapy

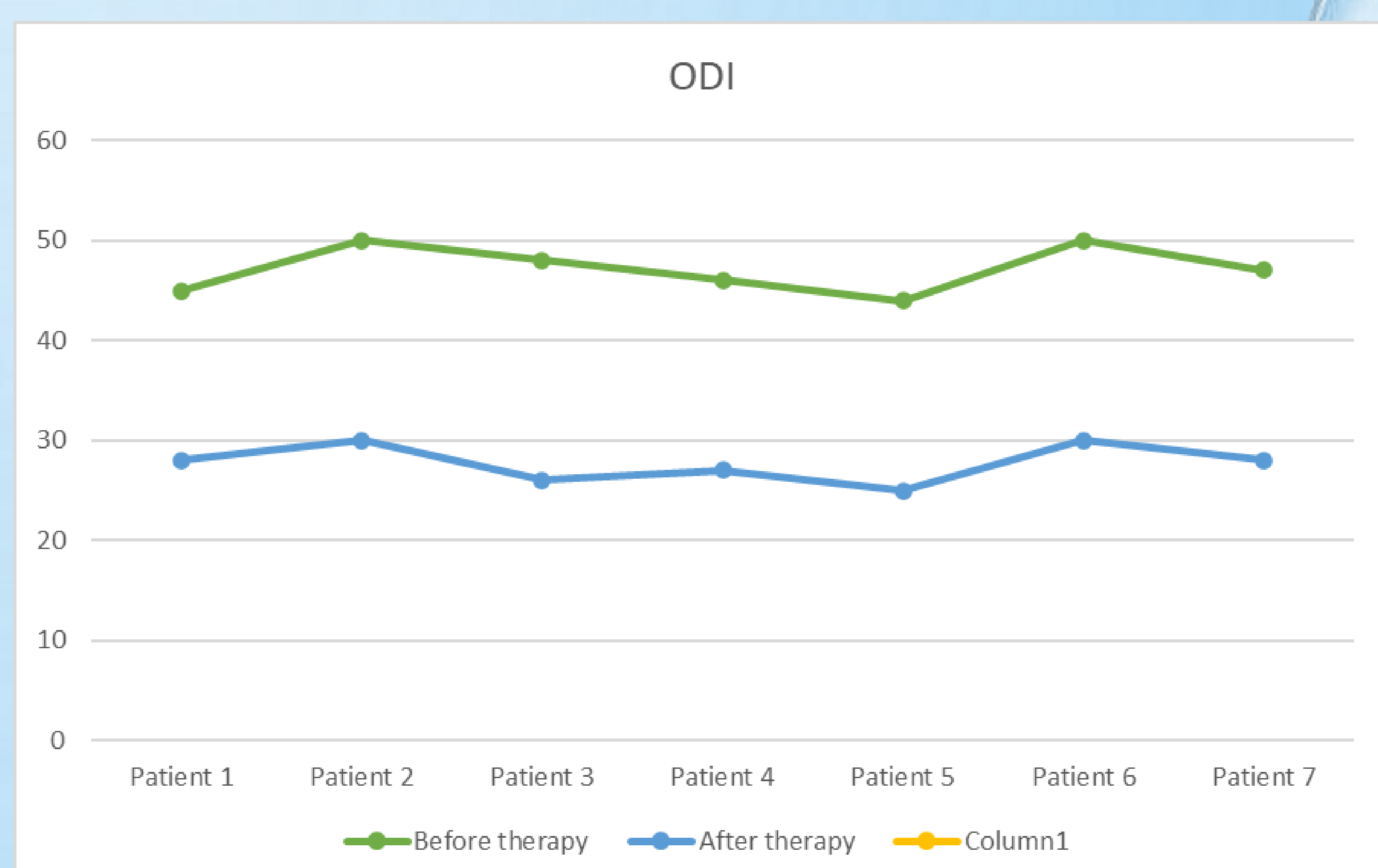


Figure 2. ODI scores before and after therapy