УДК 616.721. 1 007.43-089
Ninkov Jelena, doctor,
the city of Pale, Bosnia and Herzegovina,
Kovalova Olga, Candidate of Medical Sciences
Kovaleva Alla, Senior Lecturer,
National University «Zaporizhzhya Polytechnic»
Zaporizhzhia, Ukraine

EXPERIENCE OF SANATORIUM TREATMENT OF HERNIATED VERTEBRAL DISC DISEASE WITH PAIN SYNDROME

Musculoskeletal system and weaver bird diseases, which were united in XIII class in International classification of diseases, are considered all over the world as one of the most widespread pathologies of modern society. Hypodynamia is a disease of the third millennium. It is connected with urbanization, automation, mechanization and means of communication role increase. Therefore, the disc intervertebral hernias pathology is considered in a context of connective tissue weakness syndrome or connective tissue dysplasia syndrome.

Genetically determined connective tissue dysplasia existence assumes intervertebral hernias development during physical activity. In hypodynamia context [muscles weakening, strength and endurance decrease, neuroreflex connections malfunction intervertebral hernias threat becomes real, which finally influences the quality of life, working capacity decrease and invalidisation.

Modulated electric signal (MEC) is more often used in musculoskeletal system treatment practice nowadays. In comparison to the standard caripain introduction by electrophoresis (disperse phase particles moving from the positive electrode to negative), transcutaneous electroneurostimulation has a number of advantages. When using devices with neuroadaptive action electrod polarity varies in the course of faradic current that

allows avoiding the 162application of indifferent electrode with a buffer solution, medical substance on two electrodes. Hypostasis elimination that prom otes deeper penetration of medical substance, haemodynamics, innervation, and lymph outflow improvement, is especially important.

Patients' condition was estimated twice: before treatment and after 18-21 days. All patients have been surveyed according to the protocols of sanatorium treatment. Pain syndrome intensity was estimated on numeric pain scale (NPS), which gives the opportunity to characterise "scope" of subjective pain sensations in the course of disease. Laboratory indices (complete biochemical blood count, with creatinine, alanine aminotransferase, aspartate am inotransferase, erythrocyte sedimentation rate, coagubgram indicators, Creactive protein by quantitative method definition, clinical urine analysis and its acidity (pH] w ere estimated In patients from both groups decrease in pain intensity was significant. By NPS data, average value in basic group at the beginning of treatment was 5,6 points (out of 10) and after the treatment in basic group of patients average value was 2 points. Combined application of MEC and mud caused significant decrease of pain after 3-4 procedure. In control group of patients pain sensations significantly decreased after 8-9 procedure. In basic group of patients range of motion changed from 32,4±1,6 cm (measured before treatment) to 16,8±1,2 cm (measured at the end of treatment), white in control group, it changed from 12,2±0,8 cm to 9,6±0,4 cm. Before treatment, in 6 patients of basic and in 5 patients of control group, gluteus flabbiness was observed, which after the treatment has disappeared in 4 patients of basic and 3 patients of control group. In all patients of basic and control groups the back rectus muscles painful hypertonus, which was observed before treatment, has decreased In both groups of patients sensitivity infringement in back innervation zone of hyperesthesia type was not significant after treatment. Knee reflexes asymmetry in 3 patients of basic and 9 patients of control group remained at former level.

The described technique leads to an essential decrease of pain syndrom e intensity, backbone mobility increase and range of motions restoration as a result of synergism actions of papain and sulphide silt muds and its anti inflammatory, anti-edematous and absorbable effects. That could lead to sanatorium treatment efficiency increase.