

УДК 615.831]-001-036

Shitikov T.

senior lecturer, NU «Zaporizhzhia Polytechnic»

REHABILITATION CARE AFTER THE COMBAT TRAUMATIC BRAIN INJURY WITH MANUAL THERAPY METHODS

The aim of the work was to assess the effectiveness of treatment of Russian-Ukrainian war participants' with post-traumatic disorders after combat brain injury (PMT), using various techniques of manual therapy (MT). MT methods were used to correct pathobiomechanical and pathophysiological disorders in this group of patients, which reduces the effectiveness of improving the functional condition, the effectiveness of the treatment and rehabilitation process.

Materials and methods: We treated and monitored 45 patients 18-50 years old with PH lasting from 2 weeks to 10 years, which were based on: acute or chronic overexertion of the muscles of the upper kinematic chain with pain syndrome and compaction of muscle tissue, the phenomenon of vascular cerebral insufficiency. Clinical manifestations in all patients appeared after combat posttraumatic brain injury syndroms. Patients underwent preliminary examination: impedansometric, ultrasonencephalographic, electroencephalographic, cardiointervalography and biomicroscopy of bulbar conjunctiva, magnetic resonance imaging, psychological testing (VASH, Lusher, Spielberg).

All patients had periodic headaches (pain 4.5-7 points on VAS), dizziness, violation of venous and liquor outflow from the skull cavity. Patients had numerous trigger points in trapezoidal, deltoid, gluteal muscles,

flexors of the neck, brush. Visual diagnosis determined different variants of disorders of static and dynamics. The cranimetric study showed various variants of "cranial asymmetry." On bulbar microscopy there was a twist of the vascular bed, puffiness of interstitial space. On magnetic resonance imaging there was an expansion of liquor spaces, the ventricular system.

For treatment we used a complex MT in the form of: soft-woven and myofascial release techniques, post-isometric relaxation.

Cranio-sacral MT techniques have been prioritized because they are natural methods of restoring skull biomechanics, exposure to cerebral hemodynamics, muscle system, ligaments, skull stitches, cranial reconstruction joints. There was also an individual selection of techniques and exercises of therapeutic gymnastics to relax different muscle groups (chewing, brushes; shoulder; neck, back; abdominal wall, pelvis; food) was carried out taking into account the level and variant of pathobiomechanical violations. The identified clinical effect was determined after 3 - 4 procedures and in the future increased, reaching a maximum by the end of the course of treatment consisting of 5 - 6 procedures. It is noted that the use of this technique was more effective in females (85.7%).

Results. It was noted that the effectiveness of treatment was 94%. This was reflected in the cupping of pain syndrome, vegetative homeostasis in cardiointervalography, normalization of cerebral hemodynamics after 3-5 procedures. The normalization of venous outflow, vegetative homeostasis, microcirculation, indicators of mental physical performance tests has been noted. We noted that the use of MT methods expands the functionality of the body and increases the effectiveness of the rehabilitation process, the quality of life of the child in the absence of pharmacological therapy.

Summary: treatment of the effects of MT in the form of PH should may be more widely applied principles of kinesiology and recommend the use of release and cranio-sacral techniques.

References:

1. Defense Health Agency. <http://health.mil/Reference-Center/Reports?ouerv=integrative+medicine>. Retrieved November 30, 2014.
2. George, S., Jackson, J.L. and Passamonti, M. Complementary and alternative medicine in a military primary care clinic: a 5-year cohort study. *Mil Med.* 2011, June;176(6):685-8.
3. Матяш М. М. Соціально-стресові розлади у структурі українського синдрому. *Український часопис.* 2016. № 3 (113). С. 118–121.
4. Сучасний погляд на проблему черепно-мозкової травми та її віддалені наслідки / Є.Л. Мачерет та ін. Київ : Дія, 2005. 144 с.