

Treatment of patients with low-frequency deforming arthrosis magnetotherapy

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Treatment of patients with deforming arthrosis of the hip and knee joints is one of the most intractable problems of modern orthopedics. It is important to carry out not only preventive, but also therapeutic measures in the initial stages of the disease. Untimely started treatment leads to disability and disability of patients.

Electromagnetic field, bioresonance therapy stimulates capillary circulatory system, restores immunity. For the diagnosis and treatment of deforming osteoarthritis, it is necessary to determine the degree of the pathological process, which is based on the vascular factor. Violation of peripheral circulation leads to thrombosis intraosseous vessels and the subsequent infarction of a certain bone segment and, accordingly, a violation of the metabolism of cartilage with subsequent arthritic changes and the involvement of the synovial membrane and the capsule of the joint in the process. Low-frequency magnetotherapy promotes the activation of local blood flow, enhances blood supply to various organs and tissues, forms general adaptive reactions of the body, regulation of bioenergy in the body occurs through activation of activity bioenergetic structures.

In the last two years, we have observed 30 patients with deforming arthrosis of the hip joint and 12 with deforming arthrosis of the knee joint of I – II degree. Patients of average working age predominated. The patients were examined clinically and radiographically. Observations have shown that the compensatory mechanisms of the joint persist for a long time, so there were few visits in the initial stages of arthrosis. Patients, unfortunately, seek medical help when there are already pronounced radiological and functional changes with aching, diffuse pain in the joint and impaired walking. The treatment plan was developed

individually, taking into account the age, stage and manifestation of the disease. They combined low-frequency magnetotherapy with active joint movements, massage, hydrotherapy and drug treatment. Low-frequency magnetotherapy was administered for 15–30 minutes. in the amount of 10-15 sessions daily or every other day with a repetition of the course of treatment in 2-3 months. When conducting the course, it is necessary to observe the principles of gradualness and regularity. As a result of the treatment of degenerative-dystrophic diseases of the joints, the metabolism in the joint was normalized, which made it possible to stop the degeneration of cartilage, to stimulate the processes of its partial regeneration. In patients, the range of motion in the joints increased, pain decreased, and limb support ability improved. The positive result of treatment of deforming arthrosis of the hip and knee joints of the I – II degree. low-frequency magnetotherapy was obtained in 98% of cases. Magnetotherapy is well tolerated by patients and is recommended for widespread use in the clinic.

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