

Low back pain in adolescents

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Low back pain (LBP) often leads to disability. The rationality of the therapeutic effect in relation to the growing pain syndrome is an essential factor in the outcome of the disease. Considerable attention is paid to the problem of BNS in young people.

The department of rehabilitation treatment treated 9 children aged 12 to 16 years (5 girls, 4 boys). All patients underwent MRI examination of the spine. In 3, protrusion of the intervertebral disc was revealed, in 4 - a decrease in the height of the intervertebral disc (vertebrogenic cause of LPS), in 2 - no structural pathology of the spine was revealed, there was a violation in the musculo-ligamentous apparatus (non-vertebral cause of LPS).

In 2 patients, the onset of pain was preceded by inadequate mechanical stress (professional cycling). In other children, except for a long stay in a sitting position, no stress was detected.

Methods used: endogenous and exogenous bioresonance therapy, homeopathic remedies and reflexology. Parameters of endogenous bioresonance therapy: mode - automatic, time order of meridian activity, type - "golden section", coefficient 7/0; in the second container was placed the preparation "OHOM" DRE12.

Exogenous bioresonance therapy aimed at eliminating pain, improving blood supply and relieving muscle tension. Exposure mode: 9.45 Hz, 9.6 Hz, 5.9 Hz, 7.7 Hz, intensity - 30, 20 minutes. We used drugs from the company "OHOM", "Heel" for a course of 7 days to 2 weeks, dose selection by the ART method.

Reflexotherapy - auricular and corporal classical for segmental, distant acupuncture points, auricular

- points to loci. The course consisted of 7-10 sessions. Improvement of the condition was noted on the 3-5th day of therapy, complete recovery by the 7-10th day from the start of treatment. Further observation of the patients showed the presence of remission from 12 to 24 months.

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