

Treatment of osteochondrosis of the lumbosacral spine by the method
bioresonance therapy in a hospital IN AND. Gustomesov,
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Spinal osteochondrosis is a disease characterized by degeneration in the intervertebral discs. As you know, discs provide flexibility and mobility to the spine. When the disc becomes flat and depleted, the vertebrae come closer together, compressing the vessels and nerve roots. From here, pain and swelling occurs. The most common problem with the musculoskeletal system is osteochondrosis of the lumbosacral spine, the symptoms of which are the appearance of regular pain in the lumbar region and limitation of the patient's mobility.

Pain is the main manifestation of this disease. But other symptoms are also common:

- inability to bend over or turn the body;
- sleep disturbance;
- general fatigue;
- Difficulty in the implementation of household needs;
- goose bumps, tingling in the legs;
- spasms in the arteries of the feet;
- varicose veins.

Serious complications of osteochondrosis: protrusion of intervertebral discs and hernia.

The diagnosis is based on the following methods:

- X-ray examination;
- magnetic resonance imaging;
- computed tomography.

Purpose of the study: to study the effectiveness of endogenous bioresonance therapy (BRT) in patients with osteochondrosis of the lumbosacral spine (men and women aged 30 to 60 years), with a disease duration from one to 10 years.

Materials and methods of research: the work is based on the results of treatment 40 patients with osteochondrosis of the lumbosacral spine who received standard therapy in a hospital setting.

All patients were divided into 2 groups of 20 people each: the main group (received standard conventional therapy) and the "BRT" group (endogenous bioresonance therapy was added to the conventional standard therapy).

The sessions were carried out in 1–2 days, depending on the dynamics of the patients' condition.

results

In the course of treatment in patients of the "BRT" group in comparison with the main

the group observed a more rapid relief of the main clinical symptoms of the disease:

- reduction and in some patients the cessation of pain in the lumbar region;
- reducing the limitation of the mobility of the spine;
- general health improved;
- sleep has returned to normal.

Conclusion: inclusion of BRT in the complex treatment of patients with osteochondrosis of the lumbosacral spine makes it possible to accelerate the onset of clinical remission in this category of patients.

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