

Rehabilitation of dorsopathies in adults and children using physiotherapy exercises combined with homeopathic treatment L. D. Tolstykh, O. N. Tkachenko, E. D. Lykova, E.A. Igoshina (Center for Bioresonance Therapy "EliteMed", Krasnodar, Russia)

It is known that the primary disability of children and adolescents due to scoliosis increases in an increasing progression: in the 0–4 year old group it is 1.5%, in children 5–9 years old - 6.8%, in children and adolescents 10–15 years old - reaches 9.2% (Yu.I. Pozdnikin, K.S. Solovieva, T.A. Davydova, 2000).

The incidence of the disease in the general population ranges from 6.4 to 8.2% and has recently been characterized by a clear tendency to constant growth (Addison R. 1996).

This problem has been topical for many years. Even the latest scientific and technical research in medicine cannot yet offer effective methods to prevent the development of gross structural changes in the spine in dorsopathies.

In this regard, the development and improvement of methods for diagnostics and rehabilitation of patients in this direction is of great relevance and good prospects for improving the quality of their life, and for all age groups.

In the center of bioresonance therapy LLC "ElitMed" methods of early diagnosis and rehabilitation of dorsopathies are successfully applied.

Diagnostics is carried out in several stages:

1. Segmental diagnostics, R. Voll's method, vegetative resonance test (ART).
2. Construction of the patient's plantogram (footprints).
3. Determination of the displacement of the patient's body from the central vertical axis [5]. Based on this principle, approximate individual plans for the treatment and rehabilitation of patients are built, which include complexes:
  1. Bioresonance therapy (BRT), homeopathic therapy (adaptation of psycho-emotional sphere, complexons of various companies, constitutional homeopathic remedies, systemic spiritual adaptants, etc.).
  2. Therapeutic exercises (restoration of the patient's vertical axis). The construction of such a plan allows, in a short time and with high efficiency, to achieve an improvement in the quality of life of sick children and adults.

#### Clinical example

A mother and child D., 7 years old, came to the EliteMed clinic with complaints of frequent pains in the child's abdomen, tearfulness, lethargy.

A comprehensive examination revealed:

1. Segmental diagnostics - cerebrovascular syndrome.
  2. R. Voll's method - indicators below 50 conventional units in the following meridians: lymphatic vessel, lungs, colon, nervous degeneration, endocrine system, heart, spleen / pancreas, liver, joint degeneration, skin, fatty degeneration, gall bladder, kidneys, bladder.
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3. ART: the presence of the maximum psycho-vegetative load, affecting organs of digestion, respiration, urination; endocrine system.

4. Method for determining the displacement of the body from the central vertical axis, showed:

- the presence of a shift in posture in the frontal and sagittal planes;
- instability in the cervical spine;
- hyperlordosis in the lumbar spine;
- transverse flat feet.

5. Additional examination (ultrasound of the abdominal organs and lab tests):

- bending of the gallbladder, reactive changes in the pancreas, liver;

- the presence of suspension in the bladder;
- in urine - the presence of uric acid salts.

After that, a plan for the treatment and rehabilitation of the child was developed, which included:

1. Complexes of homeopathic medicines aimed at eliminating pathology defined in ART.

2. Exogenous and endogenous bioresonance therapy.

3. Individual complex of medical gymnastics.

According to this plan, the appropriate treatment was carried out in the clinic (10 sessions), after which the child's well-being improved: abdominal pain disappeared, became more active, and a joyful mood appeared.

The child continued to engage in physiotherapy exercises during the year at home.

Condition monitoring was carried out every month. The treatment results are as follows:

- you feel good all the time;
- after 1 month of training, there was no displacement of posture in the frontal axis;
- after 4 months: no bend of the gallbladder, no reactive changes in the pancreas and liver, no suspension in the bladder, urine analysis without pathology;
- after 6 months: hyperlordosis in the lumbar spine and instability in the cervical spine - no;
- after 12 months: the foot is normal.

Subsequent examinations using the ART method confirmed the improvement in health almost up to the age norm.

Thus, measures aimed at the rehabilitation of dorsopathies, combining BRT, homeopathic treatment and physiotherapy exercises, allow in a short time to get rid of not only the manifestation of the underlying disease, but also from concomitant dysfunctions of other organs and systems.

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