

Combined use of physical factors and multiresonance therapy  
in the treatment of reactive arthritis  
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One of the common reasons for seeking medical attention in older patients is joint and back pain. The method of autonomic resonance test (ART) can be used for differential diagnosis of pain syndrome, which makes it possible to more accurately determine the strategy and tactics of treatment. Among all the causes of joint and back pain in our patients, reactive arthritis of bacterial and bacterial-viral etiology was most often determined.

Reactive arthritis is an inflammatory, non-suppurative joint disease that develops simultaneously with or after an infection. The infection that causes reactive arthritis usually affects the nasopharynx, urinary tract and genitals, and the gastrointestinal tract. The occurrence of reactive arthritis is facilitated by a genetically determined defect in the immune system, which is used by some microorganisms for unhindered infection of the body - the carriage of a specific allele of the locus B of the main human histocompatibility complex - HLA-B27.

When diagnosing by the method of ART in patients with reactive arthritis, chlamydia, mycoplasma, gonococcus, enterobacteria, yersinia, shigella and other types of mono- or poly-infection, mixed microbial-viral associations are determined. The main ways of spreading infection: airborne, airborne dust, sexual, contact-household, intrauterine. Reactive arthritis in elderly patients is only part of the comorbid status, which significantly impairs the possibilities for treatment and rehabilitation.

The nonsteroidal anti-inflammatory drugs most commonly prescribed for reactive arthritis significantly increase the risk of death from cardiovascular disease in older patients. Therefore, the search for non-drug methods of treatment in this group is highly relevant.

We have developed a technique for the combined use of laser therapy, ozone therapy, EHF therapy and multiresonance therapy. In the first two weeks after the call, we carry out:

1. ILBI - intravenous laser blood illumination, which has anti-inflammatory, immunostimulating, decongestant, antibacterial, biostimulating, analgesic action.

2. Large autohemotherapy with blood ozonation, which has anti-inflammatory, antihypoxic, antibacterial, antiviral. biostimulating effect.

3. EHF therapy with terahertz waves ... The healing effect is based on increasing the reactivity and diffusion capacity of exogenous and endogenous nitric oxide (NO) due to their activation by molecular emission and absorption spectra in the frequency range of the second absorption zone of the oxide nitrogen in the frequency band  $150 \pm 0.75$  GHz.

The procedures performed allow you to quickly stop the pain syndrome and

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go over to multiresonance therapy, the purpose of which is to further correct the immune status, normalize the functioning of the endocrine and nervous systems, the gastrointestinal tract, and eliminate the causative agents of reactive arthritis.

conclusions

Thanks to the combined use of physiotherapeutic methods and multiresonance therapy, it was possible to quickly stop pain syndrome without the use of non-steroidal anti-inflammatory drugs and provide older patients with more gentle and high-quality treatment.

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