

NEW WAY OF CONSERVATIVE TREATMENT OF HERNIAS LUMBAR INTERVERTEBRAL DISKS

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We have developed a new effective way of conservative treatment of hernias lumbar intervertebral disks (the patent for invention RU 2368401). The way complex also includes medicamentous blockade of painful points and electric stimulation a pulse electric current. Blockade of painful points was carried out in the field of lumbar vertebrae of a corresponding segment with hernia presence a intervertebral disk. An arrangement of electrodes for electric stimulation: the anode – a blockade venue (paravertebral), the cathode – a superficial electrode on a back surface of a shin. Characteristics of an electric current for stimulation: a current pulse, frequency of 50 Hz, a current strength 10–15 mA, duration of an electric impulse 0,2 ms. Duration of procedure of 8–10 minutes daily, on course of treatment of 10–12 procedures. Throughout four years by means of this way 372 patients with hernias lumbar intervertebral disks at the age from 22 till 59 years have been treated. At the reference to all patients detailed clinical research (MRI or CT), ultrasonic research of lumbar department of a backbone about revealing of hernias lumbar intervertebral disks was carried out. In a clinical picture at patients the painful syndrome of various degree of expressiveness, and also impellent and sensitive frustration at level of the bottom extremities prevailed. As a result of the spent treatment at the majority sick (321 – 86,3%) has been



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reached proof expressed (confirmed at the further dynamic researches) positive result. At 31 (8,3%) patients expressiveness of a positive effect was less, or the effect of treatment proceeded smaller quantity of time and it was required to spend additional courses of treatment. 20 sick (5,4%) subjectively didn't mark improvement while results of control researches testified to reduction of expressiveness hernia of intervertebral disk. Application of a new way of conservative treatment of hernias lumbar intrvertebtal disks hasn't revealed cases of deterioration of a condition sick, both clinical, and morfo-functional.

Thus, use of a new way allows to provide treatment of patients with hernias lumbar intervertebral disks. Result of this treatment is elimination of a painful syndrome, reduction of volume of a hernia of a disk, restoration radix conductivity. The new way of ultrasonic diagnostics of hernias lumbar intervertebral disks, developed by us, allows to provide objective diagnostics of hernias lumbar intervertebral disks, to establish exact localization of pathological process.

NEW WAY OF KNEE OSTEOARTROSIS TREATMENT

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The knee joint of the person is under constant loading, keeps weight of a body of the person and provides great volume of movements of a foot. Constant loading on a knee joint leads to frequent enough development osteoarthritis. Knee osteoarthritis is in the lead is in the lead on frequency of occurrence of disease among articulate artrosis. At knee osteoarthritis there are degenerate-dystrophic changes in the hyaline cartilage covering condyles femoral and tibial of bones, in meniscuses, first of all. There are various ways of knee



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osteoarthritis treatment. On the basis of sanatorium "Barnaulsky" we managed to develop the updating of a way of knee osteoarthritis treatment. At performance of this way of 50 Hz, a current strength till 7–10 mA, duration of an electric impulse 0,3 ms and medicinal