

# USE OF THE NON-MEDICATION ON THE TREATMENT OF ACUTE DISCOGENIC LOW BACK PAIN

O.Tondiy (MD, PhD)

Kharkiv Medical Academy of Postgraduate Education, Kharkiv, UKRAINE

**Background and Aims:** The effect of the combination of the physiotherapy (low-frequent variable magnetic field, electrical stimulation) and of the acupuncture on the patients having neuropathic discogenic low back pain was investigated.

**Method:** 110 patients aged from 20 to 50 (49 females and 61 males) having neuropathic low back pain (osteocondrosis, osteoarthrosis, spondyloarthrosis) for 24 – 41 dais were observed. The pain was examined and measured according to the visual analogue scale. The patients were divided into two groups. The first group (72 patients) received in addition acupuncture (individual points) and physiotherapeutic complex with low-frequent variable magnetic field and electrical stimulation treatment on the projection of pain. Every procedure exposure was 12 – 15 min. The complete course was 10 – 12 procedures. The second group (control, 38 patients), received only the basic medication (non-steroid anti-inflammations and anticonvulsants).

**Results:** The pain intensity of the patients in the first group was reduced after 10 – 12 days of treatment (65.3% patients) compared to the control group, where pain reduction after 20 – 26 days of treatment (31.6% patients);  $p < 0,01$ .

**Conclusion:** The addition of the non-medication therapy (combination of acupuncture, low-frequent variable magnetic field and electrical stimulation) to the treatment of neuropathic discogenic low back pain resulted in earlier remission.

