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## Rehabilitation of patients with lumbosacral intervertebral disc disorders with radiculopathy

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**Introduction:** Lumbosacral radiculopathy (LSR) is one of the most common disorders evaluated by neurologists. Its prevalence has been estimated to be 3% – 5% of the population.

**AIM:** The purpose of this study is to determine the efficacy of complex application of interference current therapy (ICT) and spine traction (ST) in patients with LSR.

**Methodology:** The study was conducted on 64 patients, who were randomly divided into two groups: treatment (n=32) and control (n=32). Patients of the control group were treated by spine traction, the treatment group – by using the ST and ICT on the same day (10-12 days).

**Results and discussion:** Results of investigation showed that the mean pain score (the short form McGill Pain Questionnaire- SF-MPQ) and Roland-Morris “Disability Questionnaire” (RMDQ) were similar at baseline. However, the VAS mean values were decreased  $2,91 \pm 1,53$  ( $p < 0,001$ ), pain rating index on SF-MPQ  $1,63 \pm 0,81$  ( $p < 0,005$ ) for the treatment group,  $3,88 \pm 2,0$  ( $p < 0,001$ ), and  $1,92 \pm 1,21$  ( $p < 0,01$ ) for the control group. Disability level on the RMDQ decreased from 56,8% to 32,6 % for the treatment group (from 51,7 % to 38 % in control group).

The treatment of ST as a monotherapy or with combination IFT had a positive effect in patients. However, the use of ST in combination with IF showed more statistical significance and efficiency. The beneficial effect of this therapeutic complex on the clinical course of the disease, more pronounced analgesic effect, and regression of clinical manifestations, as well as improvement of quality of life indicators.