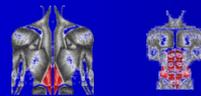


EFFICACY OF PARAVERTEBRAL INFILTRATIONS AND INTERFERENTIAL CURRENTS IN PATIENTS WITH LOW BACK PAIN AND LUMBO-SACRAL RADICULOPATHY



Key words: back pain, radiculopathy, Lassegue's sign, paravertebral infiltration, interferential currents



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1. The **objective** of this study was to compare the efficacy of paravertebral infiltrations and a rehabilitation programme (including interferential currents) in patients with low back pain and lumbo-sacral radiculopathy.

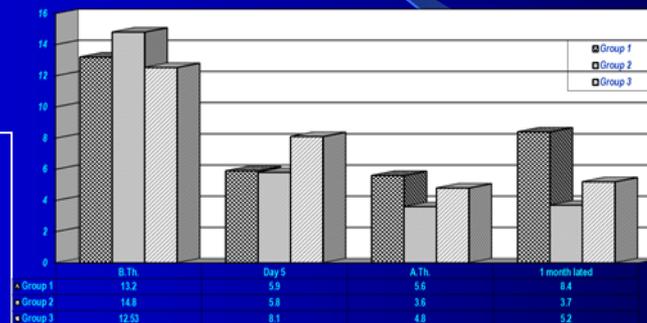


Fig. 1. Pain (VAS 1-20)

2. MATERIAL AND METHODS:

A total of 105 patients (divided into three groups) with this pathology were treated during 20 days.

- ❖ All patients received patient education (back school).
- ❖ Patients of first group received paravertebral infiltrations with corticosteroids and vitamins B.
- ❖ In group 3 we applied physiotherapy (analytic exercises and soft tissue techniques) and interferential currents (longitudinally on the respective lower extremity).
- ❖ In group 2 we combined both methods: paravertebral infiltrations and rehabilitation procedures.

Patients were controlled before, during, at the end of the PRM course and one month later - using visual analogue scale of pain, Lassegue's sign, scales of Zung for depression and anxiety.

Statistical analysis was performed with SPSS electronic package, v. 17. We applied options for two samples comparison with parametrical analysis of variances ANOVA and non-parametrical distribution and correlation analysis: t-test, Signed rank test, Kolmogorov – Smirnov test, Mann – Whitney W test. The treatment difference was considered to be statistically significant if the p value was < 0.05.

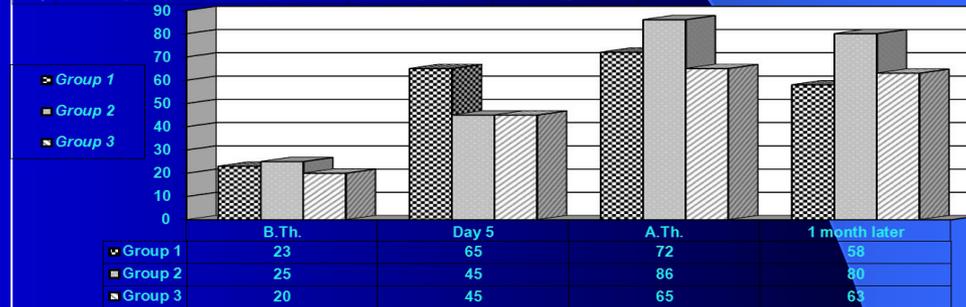


Fig. 2. Lassegue 's sign (in grades)

3. **Analysis of results** demonstrates the efficacy of medication and rehabilitation in all patients. Medication is most effective during first week, but the complex rehabilitation programme has stable and durable effects on positive sensory signs and psychological patterns.

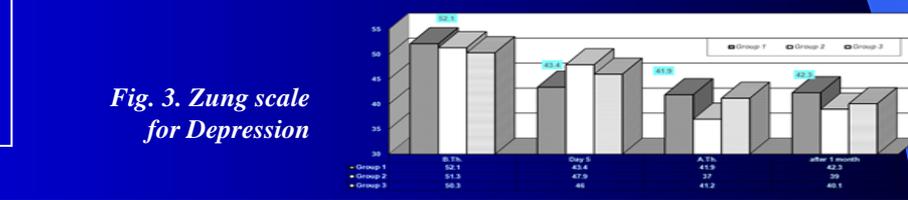


Fig. 3. Zung scale for Depression

4. **Discussion and conclusion:** Authors consider that combination of medication (paravertebral infiltrations) and rehabilitation (physiotherapy and interferential currents) is most effective for these patients.

