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Rehabilitation of hernia discal with physical therapy

Jeton M Tifeku

University of Tirana Ferizaj, Albania

Lumbar syndrome entered the group of degenerative spinal cord diseases that are quite common. This process takes place especially in those places where a spinal wheel part passes to the rest of the body less mobile or completely non-mobile. With lumbar syndrome we understand pain and other obstructions in the lumbar region or in the larynx. The disease can manifest itself as lumbago, where the pains are localized only in the lumbar regions, Lumbosacralgia where pain also spreads in the sacral region, and Lumboischiagia where pain also spreads along the lower limbs in one foot or two feet. The etiologic factors are many but in 90% of cases the degenerative intervertebral discrepancy between the L4-L5 and L5-S1 rings is caused. In the ordinance for Physical Therapy and Rehabilitation in Ferizaj, we treated patients with dyskal prolaps and hernia diskale diagnosed with CT or MRI. Patients were with great pain, and difficulty in moving. Patients were treated with physical trauma modalities, last generation and a special protocol where the results were very good. Physical therapy has lasted 2 weeks; each patient has completed a psychiatric examination for his subjective condition. We have used two stages of treatment i.e., Stage One - Pain Relief and Phase Two - Functional Rehabilitation. The modalities that were applied were: Electrotherapy, Kinesiotherapy, Sonotherapy, Ultraviolet Radiation, Sonotherapy, Mc Kenzi, Chiropractic, Vertebral Therapy and Electrophoresis with analgesic in cases of severe pain. At the end of the therapy, the condition of the patients was very good. Results were over 90% of patients did not need surgical intervention, while some cases not having the expected results were due to failure to work and terminate the therapy.

Biography

Jeton M Tifeku has completed Physiotherapy Technician course in Secondary Medical School "Elena Gjikaj", in Ferizaj during 2001-2005. He obtained Bachelor of Physiotherapy from Physiotherapy Branch, Faculty of Medicine, University of Prishtina during 2005-2009 and Master of Physiotherapy from Physiotherapy Branch, Faculty of Medicine, University of Tirana during 2010-2013. He participated in conferences like 2nd International Congress of Physiotherapy – Tirana in April 2014, International Congress of Physiotherapy – Tirana in December 2013, International Congress of Rheumatology – Prishtina in November 2012, Symposium on Physical Therapy on Neurological Problems in Children and the Elderly - Athens, Greece in October 2011. From October 2008, he is an Ongoing Director and Physiotherapist at the Physical Therapy and Rehabilitation Center "PHYSIOTHERAPY", Ferizaj, Kosovo.

fizioterapia1@hotmail.com

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