



PROTOCOL FOR THE EVALUATION AND FUNCTIONAL RE-EDUCATION OF THE LUMBAR-SACRAL PAIN SYNDROME WITH A MUSCULAR-LIGAMENT CAUSE

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The current paper aims to evaluate the lumbar-sacral algo-functional syndromes with a muscular-ligament cause and to establish a staged program for its functional recovery which would also prevent reoccurrences and/ or complications, these being relatively frequent and with important functional implications [1]. These ailments, specific to patients who are at an active age have a particular social impact, important morbidity and can be easily mistaken for more serious lumbar-sacral ailments, thus leading to disproportionately serious, but inefficient for their cause, treatments [4]. The study was made over a period of 6 months, on 18 patients with lumbar-sacral syndrome with a muscular-ligament cause, diagnosed as a result of clinical and paraclinical evaluation, an alternative etiology of the syndrome being excluded. The patients were integrated into a functional re-education programme which included drug therapy (anti-inflammatory +/- relaxant medication), physically-kinetically supported (thermal-kinetic-massage therapy), staged into 2 weeks, one and 3-6 months intervals, respectively. The results obtained emphasise the improvement in the clinical parameters from one stage to the other, in the third stage of the programme reaching a semi-complete (over 90%) recovery of the affected areas, compared to the initial stages.

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