A MULTICENTRE RANDOMISED CONTROLLED FOLLOW-UP STUDY OF EFFECTS OF THE UNDERWATER TRACTION THERAPY IN CHRONIC LOW BACK PAIN

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Background: Chronic low back pain (LBP) is one of the most common problems in the world. The prevalence could reach the 33%.

Objective: To investigate the effects of underwater traction therapy on chronic low back pain.

The primary objective was to prove the hypothesis that underwater traction therapy has beneficial effect of LBP using the change in the clinical parameters. Our secondary objective was to evaluate whether it also leads to the improvement in the quality of life.

Methods: A prospective, multicenter, comparative (intervention arm vs. control arm), randomized follow-up study.

Participants aged between 18 and 85 years with more than 3 months low back pain and selected from outpatient clinics.

The participants were randomized to three groups: underwater weight bath traction therapy groups by the end of the treatment compared to the control group except for the Oswestry Disability Index, which may also be the result of that group receiving pain-relieving drug treatment.

Results: 141 participants aged 57.67 (±13.04) years. All of the investigated parameters improved significantly (p<0.001) in the underwater weight bath traction therapy groups by the end of the treatment compared to the base period, and this improvement was persistent during the follow-up period. There were no significant changes in the measured parameters in the control group except for the Oswestry Disability Index, which may also be the result of that group receiving pain-relieving drug treatment.

Conclusion: Based on our results, underwater weight bath traction therapy might have favourable impact on the clinical parameters and quality of life of patients suffering from chronic low back pain.

REFERENCES:

Disclosure of Interests: None declared

ROLE OF PLATELET RICH PLASMA IN TREATMENT OF ROTATOR CUFF TENDINOPATHY AND PARTIAL THICKNESS TEAR: FOLLOW UP BY ULTRASOUND

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Background: Shoulder pain is the third commonest musculoskeletal reason for seeking medical care. The diagnosis of Rotator Cuff Tendinopathy (RCT), with supraspinatus partial thickness tendon tears and tendinosis, constitutes more than 50% of adult cases presenting with shoulder pains at any time. Platelet rich plasma (PRP) injections are nowadays being used as an alternative for treating the tendinopathies, who have failed to be managed by conservative management.

Objectives: This work aimed to assess the effect of PRP injection under musculoskeletal ultrasound (MSUS) guidance in patients with rotator cuff tendinopathy, and partial thickness tear in comparison with those who received a rehabilitation program only. Baseline assessment and after three months was done using clinical, functional and ultrasonographic evaluation.

Methods: Our study included 60 patients with RCT diagnosed both clinically and by MSUS. Patients were divided into two groups (g, gii); group I included 30 patients who received a Supervised Rehabilitation Program and group II included 30 patients who received PRP injection. Patients in both groups were assessed clinically, functionally (VAS), (WORC) and (SPADI) and sonographically at baseline and after 3 months. Rehabilitation Program included: hot packs, (TENS), and (therapeutic ultrasound). The Exercise Programs (supervised and home-based) were applied, including: (ROM, stretching and strengthening exercises of the rotator cuff and scapular muscles). PRP injection was prepared under complete sterile conditions by whole blood centrifugation with specific

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