

PRELIMINARY RESULTS FROM THE STUDY

OUTCOMES OF NON-SURGICAL SPINAL DECOMPRESSION THERAPY IN PATIENTS WITH A HERNIATED DISC ACROSS DIFFERENT AGE GROUPS

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ABSTRACT

Current approaches in the treatment of disc herniation are limited by the mobility of the patient, the location of the herniation and other aspects related to the patients' age. Non-surgical spinal decompression therapy requires almost zero patient cooperation, has a minimum possible side effects, no downtime and is suitable for any herniation along the spine. Such modality could represent an ideal tool for treatment of patients with back pain regardless of their age. Retrospective pilot trial conducted in an independent clinic in Uzbekistan focused on efficiency of novel spinal decompression method and dependence of its outcomes on patients' age.

Questionnaires of thirty-eight adult patients diagnosed with lumbar or cervical disc herniation and treated in a spinal decompression (BTL Industries Ltd.) treatment program comprising 6 therapy sessions were reviewed. Oswestry low back pain questionnaire or Neck disability questionnaire and Numeric Pain Rating Scale obtained before the first and after the last treatment were assessed. Significant improvement by 26% and 31% in the disability index and by 48% and 53% in pain perception was reported by participants with disc herniation at lumbar and cervical level, respectively.

While significant correlation between patients' age and Oswestry Disability Index (ODI) obtained before and after the spinal decompression treatment program was observed, there was no significant association between age and magnitude of therapy outcomes. Spinal decompression therapy demonstrated significant impact in patients with herniated discs at both lumbar and cervical level. No significant association between patients' age and therapy outcomes was observed, predisposing this novel approach becoming an universal tool in treatment of back pain regardless of patients' age, herniated disc location or movement limitations.

OSWESTRY DISABILITY INDEX

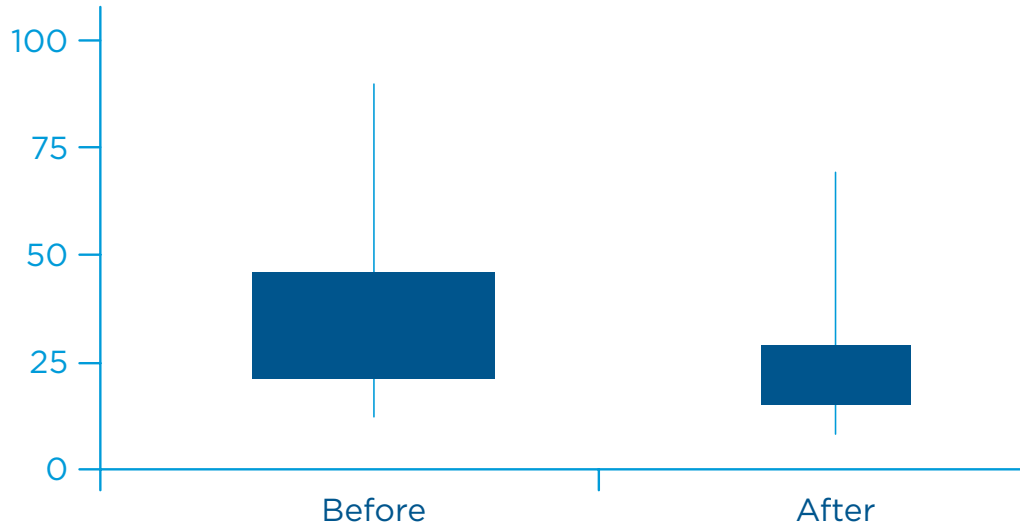


Fig. 1: Before and after ODI data visualized as a box plot graph.

NECK DISABILITY INDEX

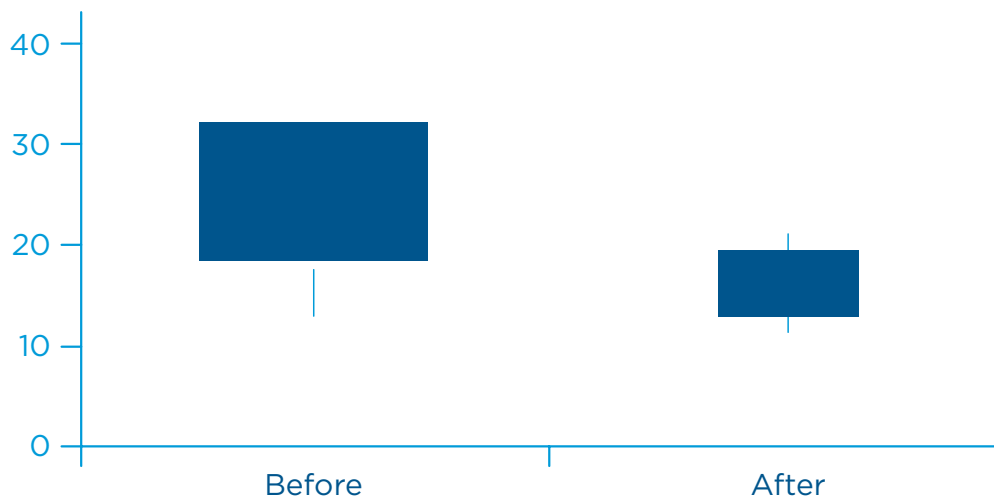


Fig. 2: NDI before and after data visualized into a box plot.

NUMERIC PAIN RATING SCALE

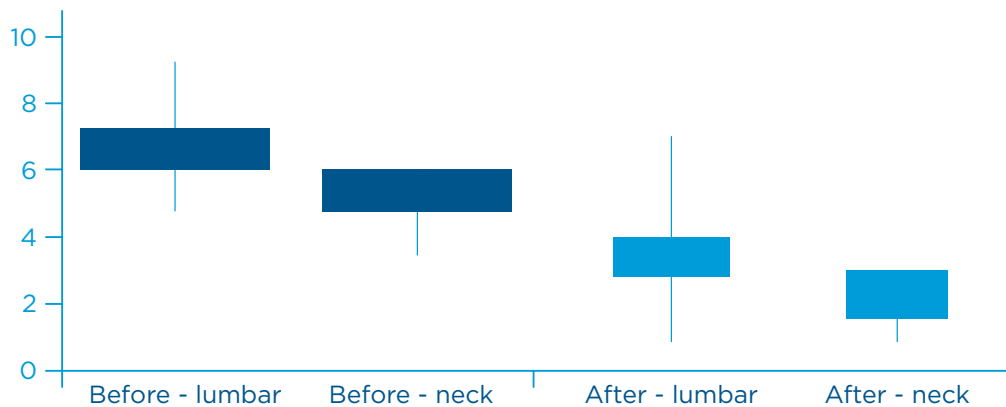


Fig. 3: Box plot graph of before and after NPRS data for patients with lumbar and neck pain.