

Abstract

Wirkungsweise einer osteopathischen Behandlung beim zervikalen Bandscheibenvorfall und die Bedeutung der faszialen Restriktionen

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Hintergrund: In der vorliegenden Studie wird eine ausschließlich medikamentöse Behandlung eines Bandscheibenvorfalles in der Halswirbelsäule mit der Faszien Technik einer Osteopathischen Behandlung unter Gabe von NSAR verglichen. Einschlusskriterien sind Schmerzen, Kraftdefizit, Sensibilitätsstörung, nachgewiesener Bandscheibenvorfall durch bildgebendes Verfahren.

Material und Methoden: Zur Erfassung des Gesundheitszustandes des Patienten dient die NRS. Die Bewegungsmessung wurde durchgeführt mittels eines speziell dafür entwickelten Meßhelms, dem CROM3 (cervical range of motion).

Ergebnisse: Der direkte Vergleich der Experimentalgruppen ergab eine deutliche Verbesserung in allen Meßparametern (CROM3, NRS) zugunsten der Verumgruppe, während in der Kontrollgruppe eine durchschnittliche Verschlechterung der Ergebnisse festgestellt wurde.

Schlussfolgerung: Die Faszienbehandlung beim Bandscheibenvorfall ist von großer Effektivität und sollte als vorrangige Therapiemöglichkeit in Betracht gezogen werden.

Abstract

Effectiveness of osteopathic treatment by cervical herniated disk and its relevance in fascial restrictions

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Background: In the present study, only one drug treatment of a herniated disc in the cervical spine with the fascial technique of osteopathic treatment is compared with administration of NSAIDs. Inclusion criteria are pain, strength deficit, sensory disturbance, proven disc herniation by imaging technique.

Materials and Methods: To measure the health status of the patients used the NRS. The motion measurement was performed using a specially developed measuring helmet, the CROM3 (cervical range of motion).

Results: The direct comparison of the experimental groups showed a significant improvement in all measured parameters (CROM3, NRS) in favor of the verum group, whereas in the control group a continuous deterioration of results was found.

Conclusion: The fascia treatment for herniated disc is very effective and should be considered as a primary treatment option.

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