

The role of rehabilitation after spinal collagen mesotherapy in the three-stage treatment concept

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Sedentary lifestyles, work overload and lack of regular physical activity are risk factors for spinal pain syndrome. In daily medical practice, non-neurogenic spinal pain syndromes are often diagnosed, among them, myofascial or vertebrogenic pain. This problem affects a large group of patients and reaches about 70–80% of spinal pain cases.

One treatment method that is safe and has no side effects is spinal mesotherapy. This method involves making multi-point intradermal microinjections with the administration of drugs or medical devices. As a result, the conditions are created for the necessary process, which is rehabilitation in the broadest sense. The basis for the inclusion of physiotherapy is the patient's general condition, the performance of examinations and functional tests, sensory testing, especially deep sensory testing, and pain sensory testing.

Movement therapy, as well as physical treatments and the use of special methods are extremely important

in spinal pain syndrome, is performed when the pain is less severe, after the patient's mobility has improved. The purpose of this presentation is to evaluate the role of rehabilitation of patients after spinal mesotherapy in terms of the three-stage treatment concept for spinal pathology (Fig. 1).

References

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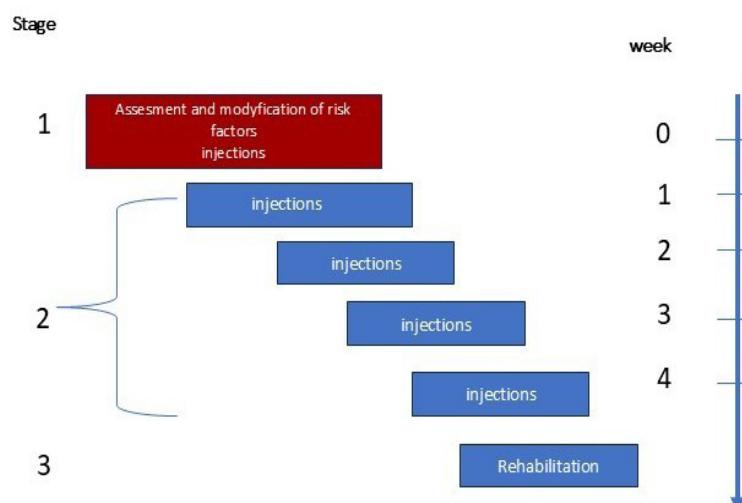


Fig. 1. Three-stage treatment concept diagram.