



## APPLICATION OF POINT ELECTROSTIMULATION METHODS IN DORSOPATHY AS A THERAPY COURSE

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Among the tasks of “rehabilitation medicine” as a scientific specialty, the development of effective treatment approaches for already established pathologies is one of the most distinctive. This naturally extends to the issue of dorsopathies, the prevalence and severity of which make them significant medical and social problems (1,5,6). Meanwhile, the inherent resistance of the process to conventional treatment methods necessitates the exploration of novel treatment regimens. □ Aim. The objective of this study is to evaluate the effectiveness of the course application of reflex stimulation methods (1,7) in lumbosacral dorsopathies, and thereby reveal the therapeutic mechanisms involved. The study involved 90 patients of both sexes aged up to 60 years who were hospitalized due to prolonged exacerbation of vertebrogenic processes. The results of the neurological examination were compared with the data of psychological and electrophysiological analysis. During the treatment phase, patients were randomly divided into three groups (each consisting of 30 people). All of them underwent basic medication and orthopedic treatment, which was limited in the first, comparison group. In the other two main groups, invasive methods of reflex stimulation (1,5,6) were additionally used. Specifically, in the second group, electroacupuncture was performed, i.e., the application of electrical current signals to needles inserted into reflexology points (2-4), and in the third group, pharmacop-

uncture (1) was performed in the form of fractional administration of the drug Alflutop to the points. In both cases, the treatment course consisted of 10 procedures performed every other day. In addition, after a month, the main groups underwent a cycle of non-invasive transcutaneous electrical stimulation consisting of 7 procedures performed every other day. Immediately on completion of the therapy, a significant advantage of the main group over the comparison group was found in terms of the results achieved. This was expressed in a more pronounced regression of neurological symptoms, including the dynamics of pain, as well as a trend toward normalization of mental and vascular status. At the same time, the main groups themselves showed a slight (not statistically significant) increase in effectiveness when pharmacopuncture was used. However, after a six-month period, which included an additional cycle of transcutaneous stimulation, only the second group (with two consecutive cycles of electrotherapy) showed stable results, which was accompanied by a significantly lower number of exacerbations of dorsopathy. In conclusion, the advantage of sequential courses of electrostimulation in terms of therapeutic reliability can be attributed to the typical trace response, which ensures cumulative effects (1,6). In turn, the work performed contributes to the further optimization of treatment and rehabilitation programs for vertebrogenic pathology.

**Keywords:** lumbosacral dorsopathies, reflex methods of treatment, electroacupuncture, pharmacopuncture, transcutaneous electrical nerve stimulation, psychological testing, electrophysiological analysis.