

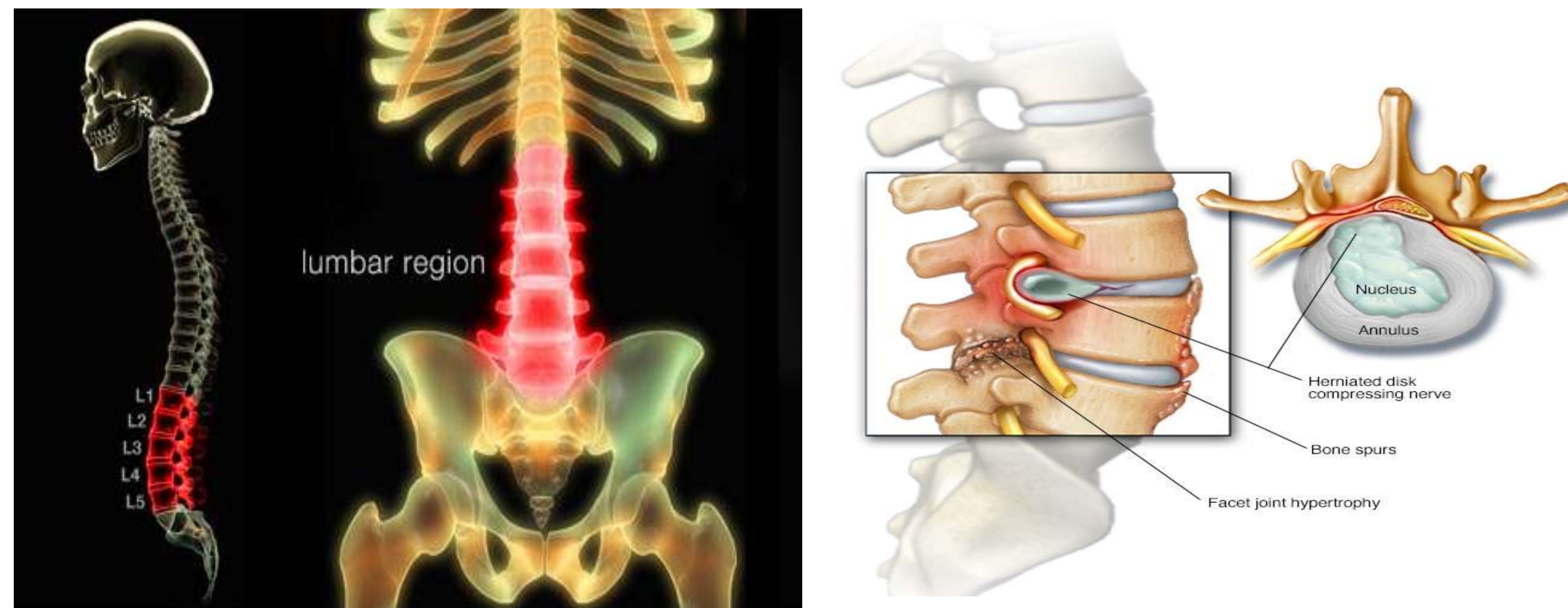
USPJEŠNOST MAGNETOTERAPIJE U LIJEČENJU PACIJENATA S LUMBALNIM BOLNIM SINDROMOM

Ivan Beljan¹, Emira Švraka²

¹Physical Therapy and Rehabilitation Clinic "Beljan", Tomislavgrad, Bosnia and Herzegovina, mail: beljan.beljan@gmail.com

²University of Sarajevo, Faculty of health Study, Sarajevo, Bosnia and Herzegovina, mail: goldy_emi@yahoo.com

Introduction: Low back pain (LBP) is the most common ailment of musculoskeletal system among working age adults. It is affecting about 80% of the population at least once at some point in life. The initial treatment for acute nonspecific low back pain is typically conservative, including non - opioid analgesics, physiotherapy, thermotherapy and if necessary short course of muscle relaxants.



Aim: Determination of the length of therapy and effectiveness of magnetic therapy in the study and control group.

Methods: The study included patients treated since 01.01.2013.- 31.12.2015. The sample consisted of 113 (73 male and 40 female) patients, as a test group, in the Physical Therapy and Rehabilitation Clinic "Beljan", and 262 (114 male and 148 female) patients, as a control group, in the Metković Health Center.

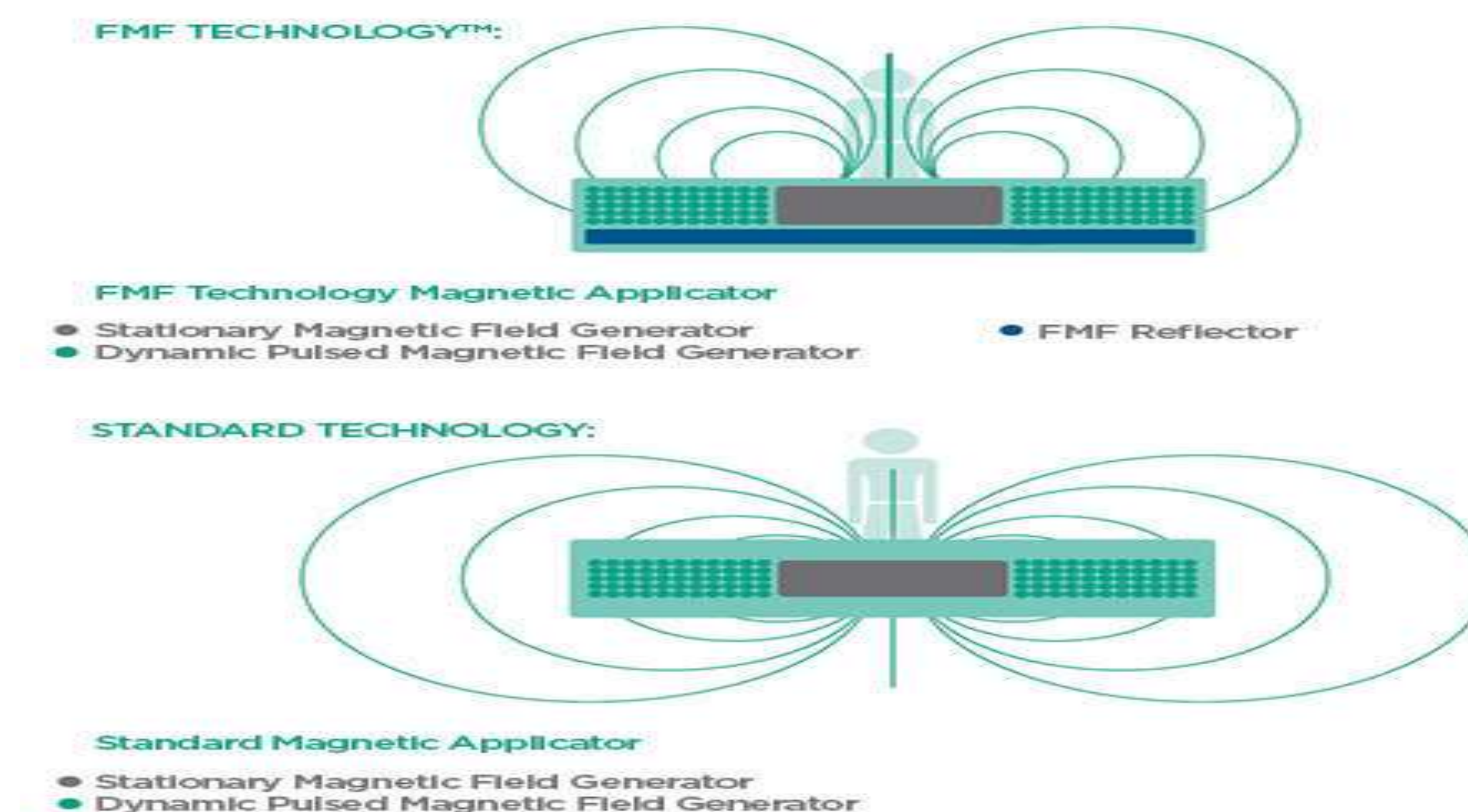
Most patients in the test group (34) were in the age of 41-50 years, while in the control group, 71 of them were in the age of 61-70 years. The assessment of pain in the subjects was based on the Visual Scale (VAS) scale.

Results: Chi - square test showed a statistically significant difference between duration of physical therapy in days between test group and control group, $\chi^2 (2, N = 375) = 237.715; p < 0.001$. Pearson's correlation coefficient $r = 0.68$ shows a great correlation between the duration of physical therapy and the test location.

Chi - square test showed a statistically significant difference between procedures of physical training between test group and control group, $\chi^2 (2, N = 375) = 28,743; p < 0.001$.

Pearson's correlation coefficient $r = -0.156$ shows very little statistically difference between the test location (in the control and the test group) and procedures of physical training.

The Hi - squared test showed a statistically significant difference in the mean score of pain versus VAS scale before and after therapy, $\chi^2 (6, n = 113) = 24,727; p < 0.001$.



Conclusion: The low-frequency pulsed magnetic therapy (PEMF) was used in all patients (113) in the test group, and in the control group the most used was Interference current (215).

The shortest time of physical therapy in the test group (80 patients) was 0-6 days of therapy and in the control group (197 patients) was 7-10 days.

There are significant differences in the duration of treatment in patients who were treated in the test group compared to the control group.

Keywords: low back pain, low frequency pulsed magnetic therapy.

Literature: André K, Tim K, Martin S, Paula Z, Hans G, Norbert H. et al. Electromagnetic transduction therapy in non-specific low back pain: A prospective randomised controlled trial. 2017; 14:410-415