



The Role of Nurses in Applying Simplified Physiotherapy Methods

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Abstract:

Physical and pharmacological therapy methods play a significant role in the rehabilitation of patients with severe pain syndrome. At the same time, somatic condition is restored, and compensatory-adaptive processes are stimulated. Physiotherapeutic methods take the lead in achieving anesthesia. In recent years, due to the increasing problems with the musculoskeletal system and neurological issues, pain has become a frequently occurring and difficult-to-relieve syndrome.

Keywords: *pain syndrome, decimetric wave therapy, centimeter wave therapy.*

Introduction:

In the rehabilitation therapy department, comprehensive physiotherapeutic procedures are widely applied to achieve pain-relieving effects in patients with primary pathology in departments such as neurology, orthopedics, nephrology, urology, gastroenterology, allergology, ENT, and ICU. These procedures include:

1. Diadynamic Therapy (DDT):

- Direct currents with half-sinusoidal impulse shape at 50 or 100 Hz frequency.



- Performed using the BTL-4000/5000 apparatus.
- Electrodes are placed in the painful spasmodic area.
- Treatment course: 10-20 procedures.

2. Amplipulse Therapy (SMT):

- Medium frequency sinusoidal currents modulated with low-frequency amplitude.
- Most commonly used frequency is 5000 Hz.
- Electrodes are placed in the nerve or pain zone, at the exit points of pathological foci.
- Treatment course: 3-15 procedures.

3. Medical Electrophoresis:

- Combines electrical and pharmacological effects.
- Mainly uses 2-5% novocaine solution.
- Treatment course: 10-15 procedures.

4. Darsonvalization:

- Therapeutic effect using high-frequency (110 kHz), high voltage (2 kV), and low power (0.02 mA) pulsed alternating sinusoidal current.
- Performed with the "Iskra-1" apparatus.
- Duration: 10 minutes, treatment course: 10 days.

5. Magnetotherapy:

- Electromagnetic inductors are used to affect the patient's tissues.



Discussion and Results:

The current power is gradually increased until clear, but tolerable sensations are felt. The treatment course varies from 3 to 15 procedures. It is applied to facial neuralgia, occipital region, paravertebral, shoulder girdle, collar zone, cervical sympathetic ganglia, lumbar-sacral spine, sciatic nerve pain areas, joints of the lower limbs, and other regions.

Conclusion:

In our clinic, along with pharmacological and physiotherapy, physiotherapy exercises are also conducted. With comprehensive treatment of pain syndrome, positive dynamics appear in 2-5 days, and pain is completely eliminated in 6-7 days.

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