The use of fascial techniques in the treatment of sciatica

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Introduction/Background

Sciatica for many patients is a huge problem in the form of pain, weakness, decreased range of motion in individual joints. For acute symptom clinical score increases. Analyzing the literature related to this issue, you can see various proposals for solving this problem, but it is difficult to find a so-called golden mean. It is therefore necessary to carry out objective research for those decided to deal with this issue.

Methods

The subjects were divided into two groups. The first group was treated by fascial techniques, and the second group was treated with traditional methods, according to an algorithm for diagnosis and treatment of back pain syndrome (Krasuski, 2001). Patients were enrolled on the basis of magnetic resonance imaging confirmed disc disease at L5-S1 segment. Each patient was familiarized with the scope and purpose of this study and asked for written consent and their implementation. Conducting these studies was approved by the Senate Committee on Ethics and Research at the University of Physical Education in Wroclaw on 2008r. Patients treated by fascial techniques were the first group of respondents named. Patients treated according to an algorithm in the tradition of Krasuski constituted the second group, called the control group. Patients of both groups were screened twice, before therapy and after therapy. Process improvement for each group shall received within two weeks.

Results

In view of the applied therapy, patients in the control and study group showed statistically significant differences. Ranges of motion of hip and lumbar spine improved statistically significant in favor of the research group. Testing the length of each muscle after treatment militate in favor of the research group. The Oswestry scale of quality of life and level of pain according to VAS scale after fascial therapy have significantly improved. The distribution of body weight after fascial therapy has improved statistically significant. There was no statistically significant differences at the lumbar area before and after therapy.

Conclusion

Analysing the results of the study it can be said that the goal was achieved. The vast majority of patients has improved statistically significant. The reported differences in the effect of therapy conducted two parallel arguments in favor of fascial techniques. One could imagine that this is a new concept in the treatment of sciatica. I think that studies on a larger number of people should be carried out.