



КАФЕДРА: ДЕНСАУЛЫҚ САҚТАУ САЯСАТЫ ЖӘНЕ БАСҚАРУ

Жоба тақырыбы: Бел – сегізкөз ауданындағы ауру сезімінің пайда болуы бір немесе бірнеше омыртқа арасындағы дискілердің жарықтығымен байланысты түсіндірілетін ақпаратты табу.

ОРЫНДАҒАН: ДУЙСЕНАЛЫ Д.С.

ТОБЫ:013-02-01

ФАКУЛЬТЕТ: НІД

ҚАБЫЛДАҒАН: ДЖУМАҒАЗИЕВА И. К.

МӘСЕЛЕ

40 жастағы Д. есімді науқас бел – сегізкөз ауданында ауру сезіміне, белінің ауырғандығы соншалық отырып – тұруы қиындағанына шағымданып келді. Компьютерлік томографиямен тексергенде бірнеше омыртқа арасындағы дискілердің жарықтығы көрінді. Анализ нәтижелерін қорытындылай келе дәрігер омыртқааралық жарық диагнозын қойды. Науқасқа консервативті ем тағайындалды.

Сұрақ: Омыртқааралық жарықты емдеуде консервативті ем тиімді ме?

PICO бойынша

- 1 - 40 жастағы Д. есімді науқас*
- 2 - консервативті ем тағайындау*
- 3 - қарауда болды*
- 4- науқастың жағдайы жақсарды*

PUBMED САЙТЫНЫҢ БАСТАПҚЫ БЕТІ

The image shows a screenshot of the PubMed website homepage in a browser window. The browser's address bar shows the URL www.ncbi.nlm.nih.gov/pubmed. The page features a search bar with the text "PubMed" and a "Search" button. Below the search bar, there is a navigation menu with "NCBI Resources" and "How To" options. The main content area is divided into several sections: a large banner for PubMed, a "PubMed Commons" section with a featured comment, and three columns of links for "Using PubMed", "PubMed Tools", and "More Resources". At the bottom, there is a footer with navigation links and a system tray showing the date and time as 19:55 on 02.03.2016.

Меню | В | Уведомления | боль в пояснично крест. | боль в пояснично крест. | переводчик - Поиск в Google | Home - PubMed - NCBI

www.ncbi.nlm.nih.gov/pubmed

NCBI Resources How To Sign in to NCBI

PubMed.gov
US National Library of Medicine
National Institutes of Health

PubMed

Advanced

Search

Help

PubMed

PubMed comprises more than 25 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

PubMed Commons

Featured comment - Mar 1
A snapshot of RNA splicing: Salzman Lab Journal Club highlights recent complex structure. 1.usa.gov/1nYQi1p

Using PubMed

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- [Single Citation Matcher](#)
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- [Topic-Specific Queries](#)

More Resources

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- [Journals in NCBI Databases](#)
- [Clinical Trials](#)
- [E-Utilities \(API\)](#)
- [LinkOut](#)

You are here: [NCBI](#) > [Literature](#) > [PubMed](#) [Write to the Help Desk](#)

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NCBI Help Manual	Data & Software	Bookshelf	PubMed Health	Research at NCBI

EN 19:55 02.03.2016

Кілттік сөздер

- бел – сегізкөз ауру сезімі
- Омыртқа диск жарақаты

Кілт сөз бойынша іздеу

The screenshot shows a web browser window with multiple tabs. The active tab is 'pain in the lumbar sacral n...'. The address bar shows 'www.ncbi.nlm.nih.gov/pubmed/'. The page header includes 'NCBI Resources' and 'How To' links. The search bar contains 'pain in the lumbar sacral region' and a 'Search' button. Below the search bar, there are options for 'Create RSS', 'Create alert', and 'Advanced'. The main content area displays search results for 'pain in the lumbar sacral region'. A green circle highlights the text 'Search results' and 'Items: 1 to 20 of 369'. The results list includes:

- 1. [Mystery of Sciatica Resolved - A Rare Case Report.](#)
Chikkanna JK, Gopal S, Sampath D.
J Clin Diagn Res. 2016 Jan;10(1):RD04-5. doi: 10.7860/JCDR/2016/17865.7108. Epub 2016 Jan 1.
PMID: 26894136 [Free PMC Article](#)
[Similar articles](#)
- 2. [Experimental Evaluation of Percutaneous Lumbar Laser Disc Decompression Using a 1414 nm Nd:YAG Laser.](#)
Moon BJ, Lee HY, Kim KN, Yi S, Ha Y, Yoon do H, Shin DA.
Pain Physician. 2015 Nov;18(6):E1091-9.
PMID: 26606022 [Free Article](#)
[Similar articles](#)
- 3. [The benefit of nonoperative treatment for adult spinal deformity: identifying predictors for reaching a minimal clinically important difference.](#)
Liu S, Diebo BG, Henry JK, Smith JS, Hostin R, Cunningham ME, Mundis G, Ames CP, Burton D, Bess S, Akbarnia B, Hart R, Passias PG, Schwab FJ, Lafage V; International Spine Study Group (ISSG).
Spine J. 2016 Feb;16(2):210-8. doi: 10.1016/j.spinee.2015.10.043. Epub 2015 Oct 31.
PMID: 26523966
[Similar articles](#)
- 4. [Multilevel Thoracolumbar Spondylolysis with Spondylolisthesis at L4 on L5.](#)
Kim WJ, Song YD, Choy WS.
Clin Orthop Surg. 2015 Sep;7(3):410-3. doi: 10.4055/cios.2015.7.3.410. Epub 2015 Aug 13.

The right sidebar contains several sections: 'New feature' (Try the new Display Settings option - Sort by Relevance), 'Titles with your search terms' (Case 3 (low back pain due to arachnoiditis of the lumbar sacral [Proc Mine Med Off Assoc. 1972] See more...), 'Find related data' (Database: Select Find items), 'Search details' (Search details: ("pain"[MeSH Terms] OR "pain"[All Fields]) AND ("lumbosacral region"[MeSH Terms] OR ("lumbosacral"[All Fields] AND "region"[All Fields]) OR "lumbosacral region"[All Fields] OR Search See more...), and 'Recent Activity'.

At the bottom of the browser window, the taskbar shows the Windows logo, several application icons, and the system tray with the date '02.03.2016' and time '19:59'.

- Article types
✓ Clinical Trial
Review
Customize ...
- Text availability
Abstract
✓ Free full text
Full text
- PubMed Commons
Reader comments
Trending articles
- Publication dates
✓ 5 years
10 years
Custom range...
- Species
✓ Humans
Other Animals
- Clear all
- Show additional filters

Search results

Items: 3

Filters activated: Clinical Trial, Free full text, published in the last 5 years, Humans. Clear all to show 369 items.

- [Prevalence of radiographic findings in individuals with chronic low back pain screened for a randomized controlled trial: secondary analysis and clinical implications.](#)
Vining RD, Potocki E, McLean I, Seidman M, Morgenthal AP, Boysen J, Goertz C.
J Manipulative Physiol Ther. 2014 Nov-Dec;37(9):678-87. doi: 10.1016/j.jmpt.2014.10.003. Epub 2014 Nov 1.
PMID: 25455834 Free PMC Article
[Similar articles](#)
- [The influence of active exercise in low positions on the functional condition of the lumbar-sacral segment in patients with discopathy.](#)
Dzierżanowski M, Dzierżanowski M, Maćkowiak P, Słomko W, Radziwińska A, Kaźmierczak U, Strojek K, Srokowski G, Zukow W.
Adv Clin Exp Med. 2013 May-Jun;22(3):421-30.
PMID: 23828684 Free Article
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- [Quantification of cavitation and gapping of lumbar zygapophyseal joints during spinal manipulative therapy.](#)
Cramer GD, Ross K, Raju PK, Cambron J, Cantu JA, Bora P, Dexheimer JM, McKinnis R, Habeck AR, Selby S, Pocius JD, Gregerson D.
J Manipulative Physiol Ther. 2012 Oct;35(8):614-21. doi: 10.1016/j.jmpt.2012.06.007. Epub 2012 Aug 14.
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New feature
Try the new Display Settings option - Sort by Relevance

Titles with your search terms
Case 3 (low back pain due to arachnoiditis of the lumbar sacral [Proc Mine Med Off Assoc. 1972]
See more...

Find related data
Database: Select
Find items

Search details
(("pain"[MeSH Terms] OR "pain"[All Fields]) AND ("lumbosacral region"[MeSH Terms] OR ("lumbosacral"[All Fields] AND "region"[All Fields]) OR "lumbosacral region"[All Fields]) OR
Search See more...

Recent Activity

КЕРЕКТІ МАҚАЛАНЫ ІРІКТЕП, ТАҢДАП АЛУ

www.ncbi.nlm.nih.gov/pubmed

Text availability: clear Items: 3 Selected: 1

Abstract

Free full text: Full text

PubMed Commons: Reader comments, Trending articles

Publication dates: clear 5 years, 10 years, Custom range...

Species: clear Humans, Other Animals

Clear all

Show additional filters

Filters activated: Clinical Trial, Free full text, published in the last 5 years, Humans. Clear all to show 369 items.

1. [Prevalence of radiographic findings in individuals with chronic low back pain screened for a randomized controlled trial: secondary analysis and clinical implications.](#)
Vining RD, Potocki E, McLean I, Seidman M, Morgenthal AP, Boysen J, Goertz C.
J Manipulative Physiol Ther. 2014 Nov-Dec;37(9):678-87. doi: 10.1016/j.jmpt.2014.10.003. Epub 2014 Nov 1.
PMID: 25455834 Free PMC Article
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2. [The influence of active exercise in low positions on the functional condition of the lumbar-sacral segment in patients with discopathy.](#)
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Adv Clin Exp Med. 2013 May-Jun;22(3):421-30.
PMID: 23828684 Free Article
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3. [Quantification of cavitation and gapping of lumbar zygapophyseal joints during spinal manipulative therapy.](#)
Cramer GD, Ross K, Raju PK, Cambron J, Cantu JA, Bora P, Dexheimer JM, McKinnis R, Habeck AR, Selby S, Pocius JD, Gregerson D.
J Manipulative Physiol Ther. 2012 Oct;35(8):614-21. doi: 10.1016/j.jmpt.2012.06.007. Epub 2012 Aug 14.
PMID: 22902194 Free PMC Article
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Summary Sort by Most Recent Send to:

Try the new Display Settings option - Sort by Relevance

Titles with your search terms

Case 3 (low back pain due to arachnoiditis of the lumbar sacral [Proc. Mine Med Off Assoc. 1972] See more...

Find related data

Database: Select Find items

Search details

((("pain"[MeSH Terms] OR "pain"[All Fields]) AND ("lumbosacral region"[MeSH Terms] OR ("lumbosacral"[All Fields] AND "region"[All Fields]) OR "lumbosacral region"[All Fields]) OR

Search See more...

Recent Activity

Turn Off Clear

Q pain in the lumbar sacral region AND (Clinical Trial[ptyp] AND fr... (3) PubMed

Q pain in the lumbar sacral region AND (Clinical Trial[ptyp] AND fr... (3) PubMed

Q pain in the lumbar sacral region AND (Clinical Trial[ptyp] AND fr... (6) PubMed

Q pain in the lumbar sacral region AND (Clinical Trial[ptyp]) (24) PubMed

EN 20:06 02.03.2016

ТАПҚАН МАҚАЛАҒА КІРҮ

Меню | Уведомления | боль в пояснично крестц | боль в пояснично крестц | переводчик - Поиск в Go | The influence of active exe

www.ncbi.nlm.nih.gov/pubmed/23828684

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Advanced

Abstract ▾ Send to: ▾

Adv Clin Exp Med, 2013 May-Jun;22(3):421-30.

The influence of active exercise in low positions on the functional condition of the lumbar-sacral segment in patients with discopathy.

[Dzierżanowski M¹](#), [Dzierżanowski M](#), [Maćkowiak P](#), [Słomko W](#), [Radzimińska A](#), [Każmierczak U](#), [Stroiek K](#), [Srokowski G](#), [Zukow W](#).

⊕ Author information

Abstract

BACKGROUND: Pain in the lower segments of the spine is among the most frequent symptoms in industrialized countries. Injuries to intervertebral discs are the cause of this kind of discomfort in 90% of cases. The factors promoting the disease are: physical activity limitation, prolonged sitting position, overweight and bad movement stereotypes. New methods of treating sacral pain ignore the aspect of weakening the muscle force and do not introduce active exercise to the program of rehabilitation.

OBJECTIVES: The aim of the work was to describe the influence of active exercise in low positions on the functional condition of patients with L-S segment discopathy.

MATERIAL AND METHODS: The examination group consisted of 20 patients, including 17 women and 3 men. The examination was conducted twice, before and after a two-week long series of rehabilitation. The examined patients practiced a 20-minute exercise program for 10 days. The subjective part of the examination referred to pain discomfort felt by the patients and existing difficulties in performing everyday activities. The objective part included the measurement of movement range of the lumbar segment with the use of Schober's test, finger-to-floor test and spine rotation in the sitting position.

RESULTS: It was shown that intervertebral disc disease may lead to spine flexibility limitation and to pain occurrence.

CONCLUSIONS: Practicing active exercise in low positions significantly improves the movement range and body posture and it reduces pain in the lower segments of the spine. Moreover, the patient's functional abilities are improved while performing everyday activities.

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[The influence of laser therapy on selected functional parameters: [Pol Merkur Lekarski. 2014]

[Dynamic neutralization using the Dynesys system for tr [Acta Chir Orthop Traumatol Cec...]

Review Lumbar discogenic pain: state-of-the-art review. [Pain Med. 2013]

Review Total disc replacement for chronic back pain in the [Cochrane Database Syst Rev. 2012]

See reviews...
See all...

Cited by 1 PubMed Central article

Comparison of lumbar spine stabilization exercise versus gener [Int J Clin Exp Med. 2015]

Publication Types, MeSH Terms, Supplementary Concepts ▾

LinkOut - more resources ▾

EN [icons] 20:09 02.03.2016

Мақаланың тақырыбы

- ▣ **The influence of active exercise in low positions on the functional condition of the lumbar-sacral segment in patients with discopathy.**
- ▣ Влияние активного упражнения на низких позициях на функциональное состояние пояснично-крестцового сегмента у больных с дископатии

Зерттеудің өткізілген жері: Nicolaus Copernicus University, Bydgoszcz, Toruń, Poland.

Авторлары: Dzierżanowski M, Maćkowiak P, Słomko W, Radzimińska A, Kaźmierczak U, Strojek K, Srokowski G, Zukow W.

Публикация жылы: Adv Clin Exp Med. 2013 May-Jun;22(3):421-30.

BACKGROUND:

Pain in the lower segments of the spine is among the most frequent symptoms in industrialized countries. Injuries to intervertebral discs are the cause of this kind of discomfort in 90% of cases. The factors promoting the disease are: physical activity limitation, prolonged sitting position, overweight and bad movement stereotypes. New methods of treating sacral pain ignore the aspect of weakening the muscle force and do not introduce active exercise to the program of rehabilitation.

Боль в нижних сегментах позвоночника является одним из наиболее частых симптомов в промышленно развитых странах . Повреждения межпозвоночных дисков являются причиной такого рода дискомфорта в 90% случаев . Факторы, способствующие этой болезни являются: ограничение физической активности , длительное сидячее положение , избыточный вес и плохие стереотипы движения . Новые методы лечения сакральной боли игнорировать аспект ослабления мышечной силы и не вводить активное упражнение в программу реабилитации .

▣ OBJECTIVES:

▣ The aim of the work was to describe the influence of active exercise in low positions on the functional condition of patients with L-S segment discopathy.

▣ Целью работы являлось описание влияния активных упражнений на низких позициях на функциональное состояние больных с L- S сегмента дископатии .

▣ MATERIAL AND METHODS:

- ▣ The examination group consisted of 20 patients, including 17 women and 3 men. The examination was conducted twice, before and after a two-week long series of rehabilitation. The examined patients practiced a 20-minute exercise program for 10 days. The subjective part of the examination referred to pain discomfort felt by the patients and existing difficulties in performing everyday activities. The objective part included the measurement of movement range of the lumbar segment with the use of Schober's test, finger-to-floor test and spine rotation in the sitting position.

- ▣ Группа обследования включало 20 пациентов , в том числе 17 женщин и 3 мужчин . Обследование проводилось дважды, до и после двухнедельной длительной серии реабилитации . Исследуемые пациенты практиковали 20 - минутная программа упражнений в течение 10 дней . Субъективная часть проверки, упомянутой боли дискомфорт ощущается пациентами и существующие трудности при выполнении повседневных действий . Цель часть включала в себя измерение диапазона перемещения сегмента поясничного отдела с использованием теста Шобера , палец к полу - теста и вращение позвоночника в положении сидя .

▣ **RESULTS:**

- ▣ It was shown that intervertebral disc disease may lead to spine flexibility limitation and to pain occurrence.
- ▣ Было показано, что заболевание межпозвонкового диска может привести к ограничению гибкости позвоночника и к возникновению боли

▣ CONCLUSIONS:

- ▣ Practicing active exercise in low positions significantly improves the movement range and body posture and it reduces pain in the lower segments of the spine. Moreover, the patient's functional abilities are improved while performing everyday activities.
- ▣ Практикующий активное упражнение в низких позициях значительно улучшает диапазон движения и позы тела и уменьшает болевые ощущения в нижних сегментах позвоночника . Кроме того, функциональные возможности пациента улучшаются при выполнении повседневных действий .

Менің пікірім:

- Бұл жұмысымда мен бел – сегізкөз ауданындағы ауру сезімінің пайда болуы және бірнеше омыртқа арасындағы дискілердің жарықтығымен байланысты мәліметтер тауып сосың оныңмаңызды екенін тексердім.
- ▣ Яғни, біз болашақ дәрігерлер, науқастарға тағайындалатын дәрілердің берілген ауруға физикалық (ЛФК) ең тиімді емдеу тәсілі боп келеды. Дұрыс белгілесек, науқастың да біздің де жақсы нәтижеге жететініміз анық. Ең бастысы өзіне сенімді болу!

