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# EFFECTIVENESS OF INTEGRATED MEDICINE IN THE CONTROL OF PAIN IN VERTEBRAL DISORDERS: OSSERVATIONAL STUDY

## AIM

To evaluate the effectiveness of integrated medicine [manipulative therapies according to R. Maigne and acupuncture associated to Medical Device (MD-Lumbar)], in the control of pain in vertebral disorders.

## MATERIALS AND METHODS

From January 2010 to June 2011, **60 patients** with vertebral disorders lasting at least for six months and resistant to pharmacological and physical therapies, were enrolled at the UO Riabilitazione e Rieducazione Funzionale (Hospital Department for Rehabilitation and Functional Rehabilitation) and at the Ambulatorio di Medicina Integrata per il Dolore (Consulting room of Integrated Medicine) of the ASL 7 of Siena, Italy. Manipulative therapies comprised of three consecutive weekly sessions. Acupuncture and MD-Lumbar treatments were done weekly for ten weeks. Therapy effects were evaluated three, six and twelve months after the end of the last session.

## RESULTS

**19 males** and **41 females**, aged between 19 and 70 years (mean age  $45.08 \pm 13.52$  SD) were included in the study. Lumbar minor intervertebral disorders (MID) were observed in 92% of cases; dorsal in 68%; sacral in 39. Lumbar and dorsal MID were present in 37% of subjects, while both the lumbar-sacral involved 13% of patients. At first evaluation,

40% of patients with functional impairment at the dorsal periosteum location showed cell-syndrome-myalgic-spinal-segmental (SVS), reduced to 20% at three months from the end of treatments.

Six and twelve months after, we observed a reverse trend (60%).

57.9% of patients with dispatch of the district had lumbar-myalgia syndrome cell-periosteum-spinal-segmental (UAT) before treatments (36.8% at 12 months).

Functional disorders of the hinge lumbo-sacral segmental clinical manifestations were found in 46.2% of cases at the first visit (30.8% at three months, 30.8% at six months, 38.5% at one).

## CONCLUSION

The benefits arising from the manipulative treatment according to Maigne are more evident in the short term, while those concerning acupuncture and Collagen MD were more evident in the long term. ■

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