

Causes of vertebrogenic problems

Vertebrogenic diseases are the second most common after colds. They are the main cause of incapacity for work in people after the age of 45 and at the age of 5-6. place as the cause of the patient's hospitalization. It is reported that 60-90% of the population had or have vertebrogenic problems. In rehabilitation clinics, spine problems account for up to 70% of patients.

We often come across the opinion that vertebrogenic diseases are due to the gifts of today's civilization - lack of exercise, driving a car, sitting for long periods in front of televisions or computers. Under normal circumstances, the muscles that maintain the posture are alternately involved in the activities - static muscles, and they ensure dynamic activities - dynamic muscles. If we sit and stand for a long time, we overload the static muscles, which shorten. On the other hand, the muscles that we use in action are not loaded and thus weaken, resulting in muscle imbalance. This changes the starting position in almost all joints, changes the tension of the ligaments as well as the muscle envelopes and also changes the pressures on the joint surfaces. For such affected patients, one manipulation, the administration of the best analgesics, the application of currents from the highest quality devices, or a good massage is certainly not enough. It is necessary to get the patient to cooperate. Lead him to the right movement habits, correct body posture, systematic exercise, focus on balancing muscle imbalances and mental relaxation. The spine school is part of the educational rehabilitation. This is essentially an exercise in correct loading. The spine school gives practical advice for life: how to lie down, get out of bed, wash, dress, how to sit properly and lift heavy loads.

The spine school focuses on prevention:

- primary (childhood and school age),
- secondary (screening, searching for a patient with an axial organ dysfunction and yet painless disorders),
- tertiary (rehabilitation procedures for repeated problems).

Currently, in the spine school, we focus mainly on the treatment aspect, when the disease has already fully manifested itself. The main focus of this school should go from this tertiary prevention to the area of secondary and mainly primary.

Objectives of the Spine School:

- pain relief
- release of muscle tension,
- exercises aimed at relaxing shortened muscles,
- exercises aimed at strengthening weakened muscles,
- exercises to balance muscle imbalances,
- training aimed at practicing the correct posture in the room, during activity and difficult conditions.

The last point is important from the point of view of the patient's future and especially the prevention of recurrence of problems with the spine. In patients with spinal pain, the deep muscular system plays an important role.

The stabilization system of the spine consists of:

- diaphragm,
- pelvic floor,
- abdominal wall,
- paravertebral muscles,
- vertebrae,
- intervertebral discs,
- ligaments around the spine.

Strengthening the abdominal wall is essential for the proper functioning of the musculoskeletal system. It acts as a stable support for the spine to lean against. Let's not forget, however, that the ideal help for vertebrogenic problems is regular movement. Suitable physical activities also include walking, swimming, or exercises focused on the musculoskeletal system. You don't need to marinate for hours, just ten minutes a day is enough.

Links

Related articles

- Vertebrogenic algic syndrome
- Back pain, root syndromes on the lower limbs/PGS

References

GÚTH, Anton – MERCEKOVÁ, Lucia. *Výchovná rehabilitácia, alebo, Ako učiť Pilatesa v škole chrbtice : odborná publikácia o problematike školy chrbtice určená pre odbornú a laickú verejnosť s cvikmi realizovanými Luciou Mercekovou*. 1. edition. LIEČREH GÚTH, 2005. ISBN 80-88932-19-X.

