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PREVENTION OF DISEASES OF OSTEOCHONDROSIS OF THE BACK, TAKING INTO ACCOUNT THE METHODS OF MANUAL THERAPY

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Annotation: Osteochondrosis of the spine is one of the most common degenerative diseases that significantly affect the quality of life of patients. The article discusses modern approaches to the prevention of osteochondrosis of the back, including the importance of manual therapy as an effective non-drug method. The literature has been analyzed and recommendations for comprehensive prevention aimed at preventing the development and progression of the disease have been substantiated. The results of the study emphasize the need to integrate physical exercises, ergonomics, and manual therapy to improve the effectiveness of preventive measures.

Keywords: Osteochondrosis, prevention, manual therapy, spine, physical therapy, non-drug treatment, degenerative diseases.

Relevance

Osteochondrosis of the spine is one of the main causes of disability and chronic back pain among adults. According to WHO, more than 60% of people over the age of 40 suffer from symptoms associated with degenerative spine changes. The growing prevalence of the disease is caused by a sedentary lifestyle, increased physical and psycho-emotional stress, as well as non-compliance with the rules of ergonomics. In this regard, the prevention of osteochondrosis is of particular importance, allowing to reduce the frequency and severity of the manifestations of the disease. Manual therapy as a component of an integrated approach is actively used in modern practice and deserves separate

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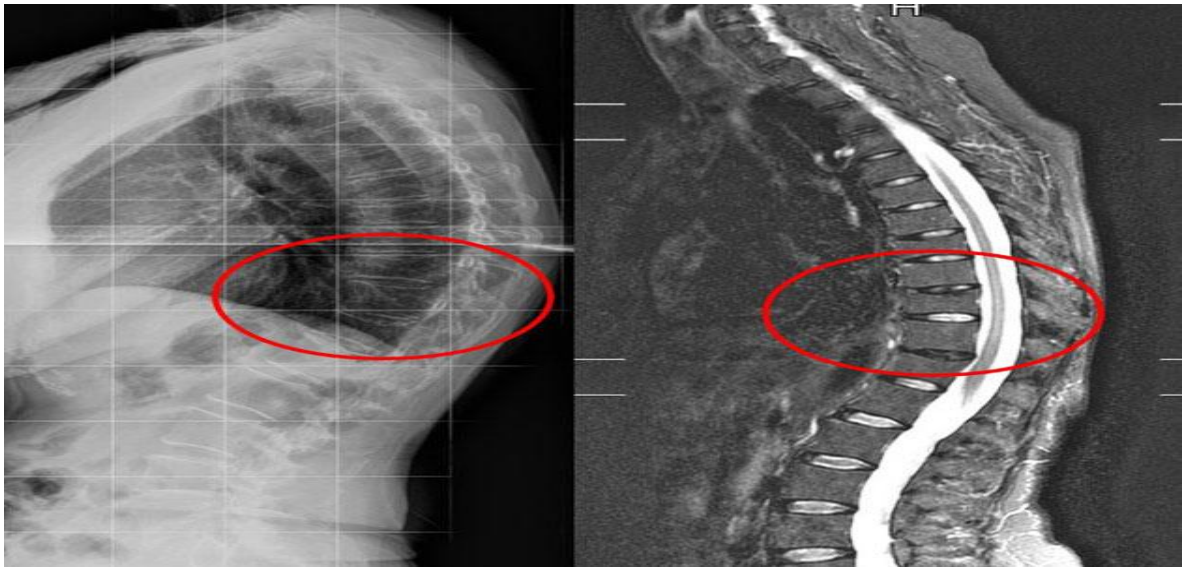
consideration.



The purpose of the study

To identify and systematize effective methods for the prevention of osteochondrosis of the back with an emphasis on the role of manual therapy and to develop recommendations for their use in clinical practice.

Materials and methods

The work uses a systematic review of the literature, including domestic and foreign scientific publications on the prevention of osteochondrosis and the use of manual therapy. The sources were selected from the PubMed, Scopus, RSCI, and Google Scholar databases for the period from 2012 to 2024. Inclusion criteria are articles in Russian and English describing clinical studies, meta-analyses, and reviews on the prevention of degenerative spine diseases. Data on non-drug prevention methods, the effectiveness of manual therapy, as well as comprehensive physical therapy programs and ergonomic recommendations were analyzed.

Results and discussion

Data analysis has shown that an integrated approach to the prevention of osteochondrosis of the spine includes lifestyle correction, regular physical activity, rational nutrition and the use of manual therapy. Physical therapy helps strengthen the muscular corset, improve spinal mobility, and reduce compression loads on the intervertebral discs (Ivanov et al., 2020). An important component of prevention is the observance of ergonomics in the workplace and the proper organization of work and rest (Peterson & White, 2017).

Manual therapy is considered as an effective method aimed at restoring the physiological mobility of the joints of the spine and normalizing muscle tone. According to research, the inclusion of manual techniques in the preventive program reduces the risk of pain and

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improves overall functional status (Lee & Kim, 2021; Novikova et al., 2022). However, the success of manual therapy depends on proper diagnosis, specialist qualifications, and an individual approach to the patient.

At the same time, it is important to note that manual therapy is contraindicated in acute inflammatory processes, pronounced degenerative changes with spinal instability and some systemic diseases (Miller, 2020). The complex of preventive measures should take into account these limitations and include regular medical monitoring.

Thus, the prevention of osteochondrosis requires a systematic approach combining physical activity, manual therapy and correction of risk factors. In practice, this can significantly reduce morbidity and improve the quality of life of patients.

Conclusion

Prevention of osteochondrosis of the back is a complex task that requires the integration of various methods and approaches. Manual therapy is an important component of non-drug prophylaxis, helping to improve spinal mobility and reduce the risk of pain symptoms. To achieve optimal results, it is necessary to combine manual therapy with physical therapy, ergonomic recommendations and lifestyle correction. The implementation of such comprehensive programs will significantly reduce the burden of osteochondrosis and improve the quality of life of patients.

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