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**ASSESSMENT OF THE INFLUENCE OF THE TREATMENT AND**

**REHABILITATION ON THE INTENSITY OF PAIN SYNDROM IN SPINE**

**OSTEOCHONDROSIS IN YOUNG PEOPLE**

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**Introduction.** According to the literature, one of the frequent reasons for going to the doctor is pain in the back area. Approximately in 90% of cases, the cause of the development of the pain syndrome is degenerative-dystrophic diseases of the spine, in particular - osteochondrosis, which recently became much more common in young people.

**Materials and methods.** The examination and treatment was carried out on the basis of the Public health institution "Kharkiv student's hospital". 25 people were diagnosed with the diagnosis: osteochondrosis of the spine, while 12 people had osteochondrosis of the cervico-thoracic region, 9 people - lumbosacral, and 4 students were diagnosed with a common osteochondrosis. The average age of the patients is 18-21 years, the ratio of men and women is 15 to 10. The patients complained of periodic pain of the back, which is aggravated after physical exertion, prolonged sitting while sitting, supercooling. The diagnosis was established on the basis of complaints, data of objective examination, X-ray examination. All patients were treated with a therapeutic and rehabilitation complex consisting of exercises of physical therapy, ultralphonophoresis of the finalgel (3 cm strip) and finalgon (strip 0.5 cm) and alternating magnetic field of low frequency. The course of treatment - 10 daily procedures, conducted sequentially, without a time interval.

**Results.** Treatment was effective, as indicated by a decrease in the incidence and intensity of pain in 23 (92%) of the patients, 8 (32%) patients completely disappeared, and only 2 patients (8%) did not.

**Conclusion.** The appointment of a therapeutic and rehabilitation complex with the use of therapeutic physical factors and physiotherapy in young people makes it possible to obtain a positive effect without the use of non-steroidal anti-inflammatory drugs of systemic action.