Keywords: Plantar fasciitis; Radial shock wave therapy

Problem based medicine – PMR

Interventionism. Minimally invasive techniques: A case of LBP

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Keywords: Minimally invasive techniques; Problem-based medicine; PMR interventionism; Cost efficacy & efficiency

Introduction. – LBP is a major cause of workday loss and incapacity, needing often for medical treatment and representing a great expense for healthcare systems. Medical interventionism procedures might provide a good treatment option, being less aggressive than surgical procedures and with better results than oral and topical drugs.

Observations. – A 30-year-old man comes to PMR daily clinic with LBP 10/10 VAS, with increasing severity in the last 50 days, not working for 30 days, still under Acetaminophen 500 mg + Thiocholchiclosed 2 mg (2 pills e8 h), Diclofenac 75 mg (1 pill e12 h) and topic Etophenamat 50 mg/g. Had already been several times in the health center and hospital ER, where IM Thiocholchiclosed and Diclofenac had been administered. Four angled lumbar spine x-ray showed subtle signs of arthrosis of L5 left facet joint that could justify the clinical signs. The patient was treated with Ropivacaine and Bethametasone injection. Pain was reduced and the function was restored and kept. No further medication was needed.

Discussion. – Medical interventionism procedures in managing LBP are efficient, cheaper, and less aggressive than surgical procedures, with better results than oral and topical drugs. The burden of workday’s loss and incapacity is largely reduced, with less expense for healthcare and social systems.

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The Bobath Concept in walking activity in chronic stroke measured through the ICF

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Introduction. – The Bobath Concept is considered one of the most devastating consequences. The objective is to evaluate the effectiveness of a rehabilitation program based on the Bobath Concept in order to improve walking activity in patients with chronic stroke and to show the ICF as a tool for gathering functioning information.

Methods. – Thirty subjects fulfilled the inclusion criteria. Patients were evaluated before, and three months after the treatment. We evaluate functional improvement, mucociliar clearance, exercise tolerance and quality of life through validated tests, either in control group or in the study population. Control group receives hygienic bronchial and pulmonary measures.

Conclusion. – Results are yet to be evaluated before obtaining definitive conclusions.

Further reading


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