



WYŻSZA SZKOŁA SPOŁECZNO - PRZYRODNICZA

im. Wincentego Pola W LUBLINIE

UNIVERSITY OF VINCENT POL

20-816 Lublin, ul. Choiny 2

tel. /fax + 48 81 740 72 40, +48 81 740 25 39 info@wssp.edu.pl www.wssp.edu.pl

Tomasz Karski, Zbigniew Kędzierski, Jacek Karski

Bóle krzyża. Jak leczyć? Czy przez zabiegi fizjoterapeutyczne można wyleczyć kręgozmyk ?

Back pain. How to treat ? Is possible to cure spondylolisthesis by physiotherapy procedure?

SUMMARY

Back pain. How to treat? Is possible to cure spondylolisthesis by physiotherapy procedure ?

Every fours women and every sixths men on the world suffered because of pain in spine especially because of “back pain” (information from WHO, materials of “Decade of Bones and Joints 2000-2010” – Lars Lidgren). The “syndrome of spinal pain” is because of: a/ anterior tilt of pelvis and hyperlordosis lumbalis, b/ lumbar or thoraco – lumbar left convex scoliosis (“C” scoliosis II/A epg and “S” scoliosis II/B epg), c/ stiffness of spine (scoliosis in III epg).

According to our observation, not surgery but physiotherapy can help patients with “spine problem”. The same opinion has presented Prof. K.F. Schlegel.