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Efficiency of spa-physical therapy in the treatment of lumbosacral radiculopathy

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Episodes of lumbar pain often cause long lasting disability and patient's participation problem. The aim of the present study was to examine efficiency of spa-physical therapy in patients with lumbosacral radiculopathy observing changes in values of the straight leg raising test (Laseque's test). Method: In total of 30 patients (16 men and 14 women) were selected for this prospective study. The average age of the patients was 45. Values of Laseque's test were measured both at the beginning and at the end of the spa-physical treatment, which on average lasted for 14 days. The results show following: no improvement in terms of decreasing of Laseque's test values was registered for 6 (20%) patients, while 24 (80%) patients reacted positively on the spa-physical procedures: 12 (40%) patients had good improvement, 11 (36,66 %) patients had very good improvement and 1 patient (3, 33 %) had excellent improvement. Conclusions: Spa-physical procedures lead to decrease of values of the straight leg raising test. The results indicate the efficiency of spa-physical therapy in the treatment of patients with lumbosacral radiculopathy.