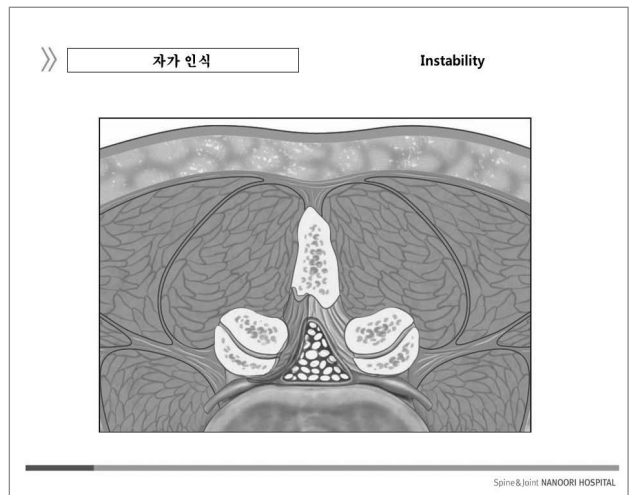
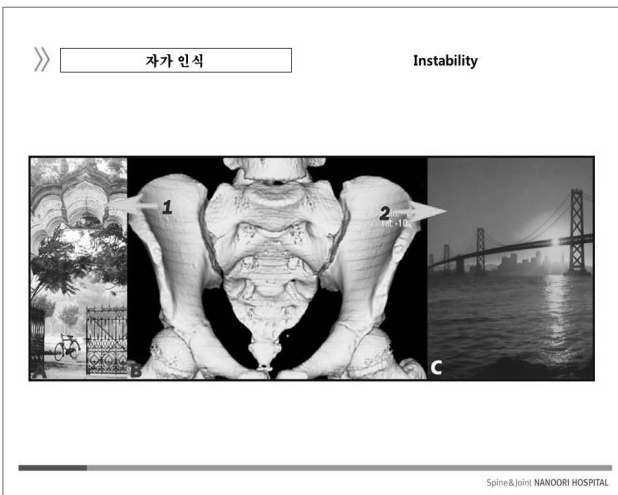
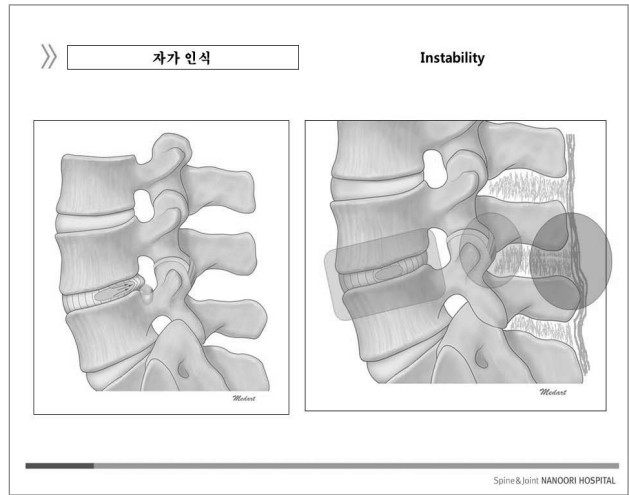


효과적인 비수술적 치료는?

김현성
수원나누리병원



자카 인식 Classification of Spinal Pain

Category	Sensory Nerves	Pathologic Entity	Quality
Superficial somatic (skin with subcutaneous tissue)	Cutaneous A fibers, small field	Cellulitis Herpes zoster	Sharp Burning
Deep somatic (spondylogenic) (muscles, fascia, paravertebral, ligaments, joints, vessels, discs)	Sinovertebral	Muscular strain	Sharp (acute)
	Muscle Contracture	Arthritis	Dull ache (chronic)
	Ligament Laxity	Fracture Increased venous pressure	Boring
Radicular (spinal nerves)	—	Herniated vertebral disc Foraminal stenosis Spinal stenosis	Segmental Radiating Shooting
Neurogenic	Mixed motor sensory nerves	Herpes zoster Brachial plexopathy Femoral nerve neuropathy	Burning
Viscerogenic referred (cardiac, carotid structures, abdominal and pelvic viscera, aorta)	Autonomic sensory, unmyelinated C fibers, large field	Myocardial infarction Pleuritis	Deep, heaviness
		Carotid/arterial diseases Abdominal aneurysm Esophageal spasm	Boring Tearing Colicky
		Depression Conversion reaction Malingering	Variable
Psychogenic	—	—	—

Modified from Szegal GH: Pain, in Blacklow R (ed): Signs and Symptoms Applied Pathologic Physiology and Clinical Interpretation. Philadelphia, JB Lippincott, 1983, pp 41-69; and Moosab's B: Backache. Baltimore, Williams & Wilkins, 1981, pp 16-18.

Spine & Joint NANOORI HOSPITAL

자카 인식 NIC

Walk

Rest

Symptoms such as pain and numbness

Spine & Joint NANOORI HOSPITAL

생활 방식 Segmental loading

Spine & Joint NANOORI HOSPITAL

척추관 협착증의 약물치료

Anatya, Turkey
Oct, 2014
ACMISST

By Hyeun Sung Kim, MD, PhD

약물치료

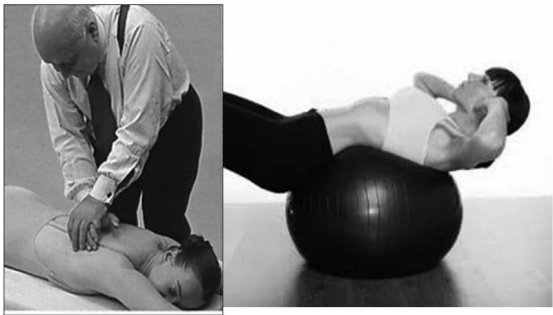
- NSAID
- Muscle Relaxant
- Limaprost
- Gabapentin
- Pregabalin
- Titrated Ext. of Avocado-Soya
- Choline Alfoscerate
- Tranquilizer
- Opioid
- Etc.

Spine & Joint NANOORI HOSPITAL

척추관 협착증의 운동 및 물리치료

Spine & Joint NANOORI HOSPITAL

운동 치료 및 물리치료 Reduction Exercise



Spine & Joint NANOORI HOSPITAL

운동 치료 및 물리치료 Stabilizing Exercise

- 1. Abdominal Crunches**
Slide your hands up towards your knees until shoulder blades lift off the floor. Stop and return.
- 2. Alternate Leg Lifts**
With your abdominal muscles braced, flex your right knee up, lower, and repeat with your left.
- 3. Bridging**
With your abdominal muscles braced, lift your pelvis and low back. Hold and return.
- 4. Leg Lifts**
Lying face down, abdominals braced, lift right leg, keeping knee straight, lower and repeat with left.
- 5. Spine Curl**
Gently draw your knees up towards your chest, hold for 30 seconds until you feel a stretch.
- 6. Back Arch**
Lying face down, lift head and shoulders to rest on your elbows. Hold for 30 seconds.

Spine & Joint NANOORI HOSPITAL

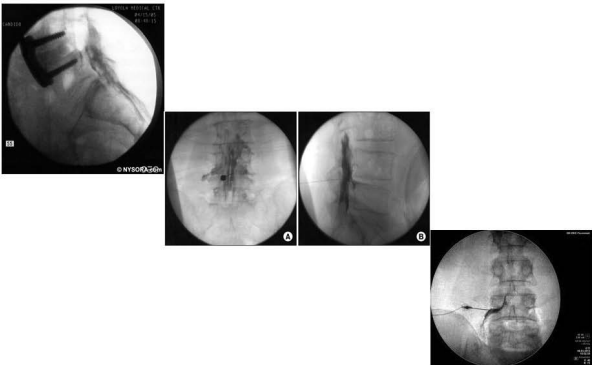


주사요법 Deep Somatic Stimulation Therapy



Spine & Joint NANOORI HOSPITAL

주사요법 Radicular Stabilization Therapy



Spine & Joint NANOORI HOSPITAL



