

Retrospective study about rehabilitation after lumbar disk surgery in patients hospitalized during year 2016 in Balneal and Rehabilitation Sanatorium of Techirghiol

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Introduction: In year 2016, in Balneal and Rehabilitation Sanatorium of Techirghiol were hospitalized 813 patients with lumbar disk surgery.

Background: Complex rehabilitation programs (medical and balneal treatment, physical therapy, massage and kinesiotherapy) are available for individuals after lumbar disk surgery in Balneal and Rehabilitation Sanatorium Techirghiol

Objecives: A large screening of this patients regarding their age, number of lumbar disk surgery, level of disk surgical intervention, possible cause of disk hernia, symptoms at admission, clinic evaluation and type of medical and balneal treatment applied in Sanatorium.

Method: Statistics analyses of all parameters and correlate data.

Results and Conclusion: The complex treatment applied in Sanatorium reduces pain after lumbar disk surgery with positive impact on quality of life and disability and also decrease the appearance of a new disk hernia. The treatment should be individualized according to the patients and its symptoms. The patient can return faster to work and other daily activities.