Comparison of the clinical efficacy of radial and focussed shock-waves on postural stability in patients with lower back pain

The project is intended for patients who meet the following requirements (inclusion criteria):

- suffer from spinal disc herniation at the L5-S1 level
- feel chronic radiating pain
- have no prior surgical intervention in the spine
- are over 18 years of age
- have current NMR test results confirming the diagnosis of LBP syndrome (changes at the third degree level according to Modic classification in the L5-S1 section)

In addition, patients who meet the following conditions (exclusion criteria) will be excluded from the trials:

- suffer from spinal disc herniation at a different level of the spine
- do not feel pain or reduced mobility in the lumbar and sacral region
- have other diseases in the spine (spondylolisthesis, fractures, tumours, rheumatic diseases, cauda equina syndrome)
- are pregnant or ovulating
- show symptoms of neurological deficit
- have cardiac pacemaker implanted
- have blood clotting disorders
- metal implants within the application area
- sensory disorders
- mental disorders
- tumours
- skin lesions within the place of treatment
- viral and bacterial infections

Persons qualified for the project will be subjected to treatment with the use of radial and focused shock wave for a period of 5 weeks with a frequency of twice a week. Allocation to treatment and placebo groups will be conducted in a randomized manner.

Prior to the treatment series, after its completion and 1 and 3 months later, patients will undergo a series of non-invasive and completely safe tests in order to enable researchers to assess the clinical effectiveness of the therapeutic methods used.

Participation in the trials is voluntary and patients can opt out of the project at any stage of its duration.

For more detailed information, please contact the project manager - Dr. Katarzyna Rajfur (e-mail:k.rajfur@gmail.com).