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LETTER TO THE EDITOR

Is Less Surgical Treatment Possible in the Treatment of Degenerative Spine Diseases? Four-Year Follow-up Results of Foraminal Epidural and Facet Joint Injection Treatments

Dejeneratif Omurga Hastalıklarının Tedavisinde Daha Az Müdahale Mümkün mü? Foraminal Epidural ve Faset Eklem Enjeksiyon Terapilerimizin Dört Yıllık Takip Sonuçları

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ABSTRACT

In this article, I would like to share my opinions about the article named 'Is Less Surgical Treatment Possible in the Treatment of Degenerative Spine Diseases? Four-Year Follow-up Results of Foraminal Epidural and Facet Joint Injection Treatments' (1). First of all, I would like to thank the authors. I will especially try to contribute to this article from the perspective of a physical medicine and rehabilitation physician.

Keywords: Rehabilitation, Degenerative, Spine diseases

ÖZ

Bu yazımda 'Dejeneratif Omurga Hastalıklarının Tedavisinde Daha Az Müdahale Mümkün Mü? Foraminal Epidural ve Faset Eklem Enjeksiyon Terapilerimizin Dört Yıllık Takip Sonuçları' başlıklı yazı hakkındaki görüşlerimi paylaşmak istiyorum. Öncelikle yazarlara teşekkür etmek istiyorum. Bu yazıya özellikle bir fiziksel tıp ve rehabilitasyon hekimi gözüyle katkı sağlamaya çalışacağım.

Anahtar Kelimeler: Rehabilitasyon, Dejeneratif, Omurga hastalıkları

Dear Editor,

In this article, I would like to share my opinions about the article named 'Is Less Surgical Treatment Possible in the Treatment of Degenerative Spine Diseases? Four-Year Follow-up Results of Foraminal Epidural and Facet Joint Injection Treatments' (1). First of all, I would like to thank the authors. I will especially try to contribute to this article from the perspective of a physical medicine and rehabilitation physician.

As we know, degenerative spine diseases are chronic conditions caused by various factors and represent a significant cause of morbidity and mortality in daily clinical practice (2,3). The consequences of degenerative spine disease are among the main triggering factors of chronic instability in diseased parts of the spine and functional disability, which significantly affects the quality of life in both sexes, especially in the young and active population. Degenerative spine diseases remain a significant health problem that is still poorly understood and unsolved. Standard conservative treatment and surgical treatment are the main treatment options today (2). In the current article, the authors mention epidural and facet joint injection, which are non-surgical treatments for degenerative spine diseases (1). I will talk about rehabilitation and physical therapy modalities, which are less invasive treatment options for degenerative spine diseases.

In the treatment of degenerative lumbar spinal stenosis, it is recommended to initiate an active program consisting of patient education, flexion-based lumbar stabilization exercises, hip mobilization, proprioceptive training and general conditioning. There are studies showing that a comprehensive, multifaceted rehabilitation treatment has positive effects on the course of the disease (4). In a study by Zdrodowska et al., they found that both laser and magnetic therapy reduced pain and increased the mobility of the spine in people with degenerative spine disease in the lumbar region (5). In a randomized controlled, multicenter study examining the effect of multidisciplinary rehabilitation and total disc replacement in patients with chronic low back pain and degenerative disc disease, it was found that both multidisciplinary rehabilitation and total disc replacement provided significant improvement in the long term. Surgical intervention has been found to be more effective than multidisciplinary rehabilitation (6). However, looking at the study results, we can say that

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rehabilitation is an effective alternative treatment for patients with chronic low back pain and degenerative spine diseases. Studies conducted on patients and animal models developing osteoarthritis show that moderate physical activity has positive effects on cartilage integrity, and there are also studies showing that the intervertebral disc will respond positively to exercise (7-9). When we look at the literature, we can say that rehabilitation practice are effective treatment methods for degenerative spine diseases. Exercise is an important non-invasive treatment option, especially in patients who are not suitable for surgery due to various reasons.

If we interpret the current study (1) in the light of the literature, it is clear that it is important to know whether patients exercise along with injection therapy, and if so, its duration and type. The current study (1) is very important in terms of showing the effect of injection methods in degenerative spine diseases. However, I think that adding rehabilitation and injection+rehabilitation combined treatment groups in future studies will reveal the effect of non-surgical treatments more clearly.

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