

TREATMENT OF CERVICOBRACHIALGIA THROUGH THE ATLASPROFILAX® METHOD: RESULTS IN 162 PATIENTS

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SUMMARY

Objective: To evaluate the results with the treatment of cervicobrachialgia by the AtlasPROfilax® method.

Introduction: The most common symptoms caused by cervicobrachialgia are pain and sometimes movement restrictions in the cervical region, along the shoulders and upper limbs, and may cause paraesthesia and paresis in one or both upper limbs.

Sample and Method: Between June 2016 and May 2017, 162 patients with cervicobrachialgia complaints were treated with Atlasprofilax Method. The follow-up time was done after 9 months. All patients were evaluated, treated and accompanied by the investigator. In the case of women, there was an increase in the number of cases in which an increase in the concentration of symptoms of the cervical spine and upper limb, measuring them through a baseline inclinometer. These analyzes were tabulated in the 1st evaluation and in the 2nd 9 months after, so that they could be compared with their averages. The last evaluation chosen was the 9th month, because it was the average of months until the total improvement of cervicobraquailgias in studies on the reference of AtlasPROfilax® in 2007 and 2008.

Results: There was a significant gain in the range of motion of the cervical spine and upper limb affected and reduction of pain, with an initial average pain level of 8.8 and a final average pain of 2, where 45.7% of the patients came up in the 9th month with 0 pain in the VAS (Visual analogic Scale). In 87% of patients, an improvement in daily activities was observed. In 10 cases that evolved with little improvement (7.1%), they were satisfied with the help of this method.

Discussion: Seventy-four patients evolved with a total improvement of the presented picture, fifty-one with partial improvement and thirty-seven unsatisfactory. In cases with improvement, the symptoms disappeared on average with 180 days, where the symptoms as paresis are usually the ones that disappear first. The results obtained with this therapy are very satisfactory, it being understood that the realignment of the Atlas by this method is very effective to reduce the pain and the gain of the amplitudes of movement of both the cervical spine and the upper symptomatic limb within the delimited sample .

Conclusion: The use of the AtlasPROfilax® technique promotes significant results in cervicobrachialgias, reducing the pain picture, improving the ROM (range of motion) of both the cervical spine and the affected upper limb, leading to satisfaction and improvement in patients' daily activities.