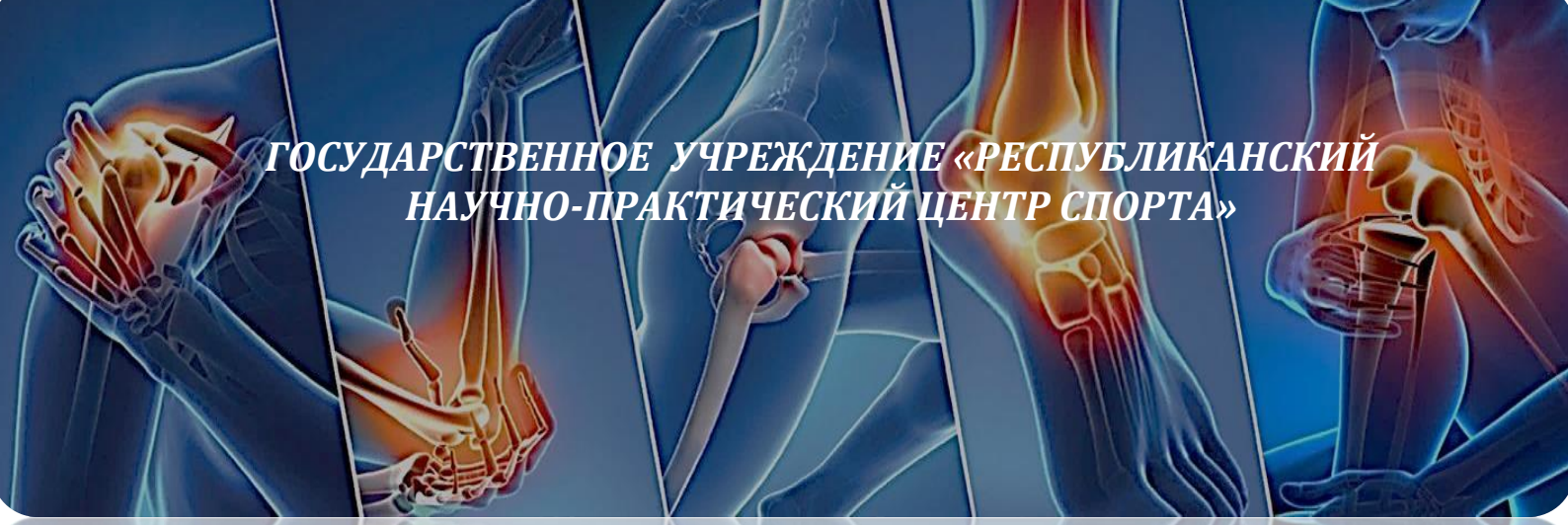

ГОСУДАРСТВЕННОЕ УЧРЕЖДЕНИЕ «РЕСПУБЛИКАНСКИЙ НАУЧНО-ПРАКТИЧЕСКИЙ ЦЕНТР СПОРТА»

# СПОРТИВНАЯ ТРАВМА:

# ПРОФИЛАКТИКА, ЛЕЧЕНИЕ, ВОССТАНОВЛЕНИЕ

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# RESULTS OF THE COMPLEX THERAPY EFFICIENCY IN DISEASES AND INJURIES OF THE LOCOMOTOR APPARATUS IN ATHLETES

**Introduction.** The analysis of recent studies and publications shows that, in quantitative terms, specialists pay more attention to the rationale for improving and increasing the effectiveness of training and competitive processes, with fewer scientific papers devoted to the study of injuries, rehabilitation and restoration of the musculoskeletal system, and the psychosomatic health of athletes.

**Aim.** The search for effective means and methods for the treatment, therefore, increase of the physical fitness of athletes with disorders of the musculoskeletal system and restoring their psychosomatic health.

**Materials and research methods.** The materials were collected for the period 2019-2021. A comprehensive medical examination of 120 athletes involved in rowing, wrestling and weightlifting aged 17 to 34 years, whose sports experience ranged from 5 to 12 years was conducted. In 30 out of 120 examined athletes, small hernias of the intervertebral disc of the lumbosacral spine (up to 6 mm) were detected. The diagnosis was established on the basis of clinical and instrumental studies: magnetic resonance imaging (MRI), standard motor tasks.

Athletes with identified pathology of the spine were divided into two groups of 15 people. In the first group, for the treatment and recovery of athletes, physical rehabilitation methods were used: physiotherapy using electrophoresis with an extract of papaya milky juice (current strength from 5 to 10mA No. 15, transverse technique, 3 courses with an interval of 2 months), therapeutic physical culture, massage. In the second group, standard conservative treatment without the use of electrophoresis with a complex of proteolytic enzymes isolated from the milky juice of Carica papaya was applied. Treatment outcomes were assessed using a 10-point visual analog scale (VAS) for pain: 0 points—no pain, 1–3 points—mild pain, 4–7 points—moderate pain, 8–10 points—severe pain, also MRI of the spine in dynamics.

**Results and discussion.** Prior to the start of the treatment, the level of pain in the zone of pathological changes during the performance of specific maximum loads peculiar to these sports according to VAS in groups I and II was similar - 8.0 ± 0.1 and 7.9 ± 0.1 points, respectively, and pain was rated as severe. After the first course of treatment in the first group, the athletes noted a pronounced decrease in pain, which made it possible to start a training

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regimen. As in the second group, the training regimen was gentle. In II group, after the course of treatment, athletes with a satisfactory result of treatment prevailed (47%), while every third athlete had a recurrence of pain with an intensity of ≥7 points. At the same time in I group, the vast majority of athletes (78%) noted the absence of discomfort and pain during maximum physical activity and could perform a specific maximum load in full. Compared with group II, after the third course of treatment, in I group, 89% of the athletes had no pain during physical exertion, and in the dynamics of MRI, a decrease in the size of a herniated intervertebral disc was observed by half.

**Conclusion.** Thus, the results of treatment of the first half of the year demonstrated the benefits of including electrophoresis with papaya milk extract in the complex of conservative methods for the treatment of herniated discs in athletes, given that this method of treatment is not included in the list of prohibited methods by WADA.