



WEB OF SCIENCE

## PAIN GENERATORS AND OUTCOMES IN PATIENTS WITH LUMBAR DISCECTOMY

PLEȘCA Svetlana<sup>1,2</sup>, MELNIC Adrian<sup>1,2</sup>, SANGHELI Marina<sup>1,2</sup>, CERICOV Ana<sup>1</sup>

Editor: Constantin MUNTEANU, E-mail: [office@bioclima.ro](mailto:office@bioclima.ro)



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1. State University of Medicine and Pharmacy “Nicolae Testemitanu”, Republic of Moldova
2. Institute of Neurology and Neurosurgery “Diomid Gherman”, Republic of Moldova

### Abstract

**Introduction.** Disc herniation and low back pain are common causes of disability. Lumbar discectomy is one of treatment options, usually associated with good results although for some patients, it is still difficult to overcome pain. The aim of our study was to reveal the general trends in outcomes for persons that underwent lumbar discectomy and to investigate other factors that generate pain.

**Material and method.** 26 patients with disc herniation were investigated using VAS (visual analog scale) and straight leg test (degree), and a special study questionnaire that included relevant clinical data, presence of particular pain patterns (including pain characteristic of pain, screening for myofascial, piriform, sacroiliac syndrome and comorbidities, and other factors) before at 3rd and 6th days after surgery.

**Results.** We observed a general positive trend in pain evolution as mean VAS was 7,17 before surgery; 3,18 points at 3rd; and 2,46 at the 6th days after surgery; along with an increase of angle for positive straight leg test from 33,08 before surgery and 42,5 at the 6th day. Association with sacroiliac dysfunction was revealed in 23 % and myofascial syndrome was present in 19 % of cases, while piriformis syndrome was less common in 12 % of cases. The group of patients with comorbidities and longer term of pain also revealed more negative trends in outcomes.

**Conclusions.** Patients with lumbar discectomy present a positive trend in outcomes after surgery, but studies investigating different pain generators could bring more insights.

**Key words:** *low back pain, pain generators, lumbar discectomy*