DISCAL HERNIA TREATMENT AND DISC REGENERATION USING CARIPAIN

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We present non-invasive method for treatment of discal hernia using electrophoresis with Caripain, which improves regeneration of soft tissues and intervertebral disc, has a beneficial effect on joint cartilage and synovial fluid, mobility and functional status of the entire spine. The Caripain is a combination of papain, chondroitin sulfate, hyaluronic acid.

Methods
For the period of 1 year we treated 15 athletes between 15 and 40 years (average 23 years). The diagnosis of MRT is a small disc herniation (in 9 athletes) and protrusion (in 6 athletes). Twenty Caripain ionophoresis procedures were performed with a duration of 10 to 20 minutes.

Results
To evaluate our results, we used Visual Analog Scale (VAS), Magnetic Resonance Imaging (MRI) and in some cases Electromyography (EMG). The initial VAS was 7.8 (range 6–9) and was reduced to 1.9 (range 1–3). There was significant reduction of pain syndrome, improving range of motion, and MRI views.

Conclusions:
he described method reduces pain, retraction of the herniated disc, reduction of disc protrusion and increases mobility of the spine. The procedure is painless, suitable for athletes, with no long duration, without separating them from the training process. The treatment of discal hernia especially in professional athletes is very important to start as early as possible after diagnosis. It is a non-surgical treatment leading to improved outcomes in professional football players.

References: