

ASOCIAȚIA MEDICALĂ ROMÂNĂ

**SOCIETATEA DE MEDICINĂ FIZICĂ,
BALNEOCLIMATOLOGIE ȘI
RECUPERARE MEDICALĂ**



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Electroanalgesy in fibromyalgy

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The prevailing element of fibromyalgy is the muscle-skeletal pain, worsened in some periarticular and paravertebral spots as well as a depressive mettle, with psychic-emotional lability, affecting the structure of the personality and reflecting in the affective-volitive sphere.

The present way of approaching the pain estimates the painful perception as a multidimensional complex processes involving sensorial-discriminative, affective-emotional, cognitive and psycho-behavioural aspects.

The present work is based on "self estimating" and "hetero estimating" pain measuring tests, performed on an 18 patients batch suffering from primary fibromyalgy, electrical pre and post-therapy with antalgic aim.

Stimulating techniques of the endorphine system were used.

The results highlighted the beneficial effects (82% of the cases) of this type in the primary fibromyalgy.

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Expectation in Balneophysiotherapy and Rehabilitation of old patients

Prof.Dr. Josefina San Martin Bacaicoa

Some considerations are made about the use of balneotherapy in elderly people. Physiological ageing and locomotor system affections are frequently associated among the polipathologies that characterise the elderly.

Differences between osteoarticular ageing and degenerative affections in elderly people are specified and pointed out. The basic aspects in balneotherapy are explained, as well as the benefits that aged people can obtain from this therapy with the correct use of balneotherapeutical techniques (baths, showers jets, peloids, steam, and above all, creno and hydrokinesitherapy).

These treatments must be prescribed and applied individually, adapting to each patient to these circumstances and characteristics and, in every case, attended by competent sanitary personnel.

Among all crenotherapeutical techniques used in the treatment of the locomotor system affections, we would point out as the most useful one, the realisation of underwater exercises. In these techniques the simultaneous application of heat, massage and movement (the classic triad of Pemberton) is perfectly combined, resulting evident benefits from manifestations of pain, articular rigidity and functional limitation.

As a result of these benefits, the patient a psychosocial area also improves because he acquires greater autonomy in the march and in his daily activities. In this way he can better adapt himself to the living together with other people, facilitating extremely the recuperation of harmony in his rhythm of life.