Effect of adding Ozone Sauna in Low Back Pain treatment [abstract]

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ABSTRACT

Purpose. To evaluate the effect of adding ozone sauna with local ozone (O₃) injection in low back treatment and comparing it to local O₃ injection alone.

Material and Methods. This study was conducted on 40 patients suffering from chronic low back pain (<6 month), (Age: 35-65 years.), (L1/L2 to L5/S1), and Pain Assessment depends on Pain Scale before treatment and after 2, 4, 6, 8, 10, 12 sessions.

Patients are divided randomly into 2 groups; each with 20 patients (12 males and 8 females).

Group (A): received local O₃ injection (7-12 mcg./ml.) for 12 sessions twice weekly.

Group (B): received local O₃ injection as group (A) followed by OZONE SAUNA for 12 sessions twice weekly.

Results. The results of the two treatment groups are shown in Tables 1 and 2.
Discussion. Previous studies were done proving that treating chronic low back pain by antibiotics for long periods gives good results.

Systemic effect of Ozone Sauna (its bactericidal effect [1]) could be the reason standing behind the fast and sustained improvement of patients receiving it and local ozone injections (its anti-inflammatory effect) at the same time.

Paravertebral local ozone injections 10-12 sessions, twice weekly (200-400mcg.) showed good results [2]:

A. 40% optimal improvement.
B. 35-40% marked improvement.
C. 15-25% minimal or no improvement.

Conclusion. Adding Ozone Sauna to local O$_3$ injections in treating chronic low back pain resulted in fast improvement and better outcome (more patients) than using local O$_3$ injections alone.

References