Commentary
Volume 09:03, 2024

Journal of Physiotherapy & Physical Rehabilitation

ISSN: 2573-0312

Open Access

Rehabilitation Post-spinal Mesotherapy: A Three-stage Approach

Margicta Toiccharekibe*

Department of Physiotherapy, Tzu Chi University, Hualien 970374, Taiwan

Introduction

Spinal mesotherapy, a minimally invasive treatment modality, has gained traction in recent years as a promising intervention for various spinal conditions, including chronic back pain, degenerative disc disease and spinal osteoarthritis. This technique involves the injection of bioactive substances, such as vitamins, minerals and homeopathic remedies, into specific points along the spine to alleviate pain, reduce inflammation and promote tissue healing. While spinal mesotherapy holds potential for improving patient outcomes, the role of rehabilitation post-treatment is essential for maximizing its effectiveness and ensuring long-term benefits. Rehabilitation post-spinal mesotherapy plays a crucial role in facilitating recovery, restoring functional mobility and preventing recurrence of spinal symptoms. However, the optimal approach to rehabilitation following spinal mesotherapy remains poorly defined, with limited guidance available for clinicians and patients. This paper proposes a comprehensive three-stage rehabilitation framework aimed at addressing the unique needs of individuals undergoing spinal mesotherapy and optimizing their rehabilitation outcomes [1].

Description

Rehabilitation post-spinal mesotherapy encompasses a comprehensive three-stage approach aimed at optimizing patient recovery and functional outcomes following this minimally invasive treatment modality. The first stage, known as early rehabilitation, focuses on immediate post-treatment care, addressing acute symptoms such as localized discomfort and promoting early tissue healing. Passive mobilization exercises, pain management strategies and patient education are central components of this phase, aimed at minimizing discomfort and facilitating initial recovery. In the intermediate rehabilitation stage, which occurs during the sub-acute phase of recovery, emphasis shifts towards restoring functional mobility, strength and stability? Therapeutic exercises, manual therapy techniques and proprioceptive retraining are employed to address specific impairments and promote neuromuscular control. Finally, the advanced rehabilitation stage targets long-term functional optimization, prevention of symptom recurrence and promotion of overall spine health. Progressive strength training, aerobic conditioning and lifestyle modifications are integrated to support sustained recovery and enhance patient well-being. Through this structured three-stage approach, rehabilitation post-spinal mesotherapy aims to maximize patient outcomes, improve quality of life and mitigate the risk of future spinal issues [2].

Early rehabilitation (immediate post-treatment phase): The immediate post-treatment phase following spinal mesotherapy is characterized by acute pain relief and initial tissue healing. During this stage, the primary goals of rehabilitation are to minimize post-procedural discomfort, promote tissue recovery and prevent complications. Rehabilitation interventions may include gentle mobilization exercises, soft tissue techniques and pain management strategies to alleviate discomfort and facilitate early functional recovery. Furthermore, patient education plays a vital role in this stage, providing individuals with guidance on postural awareness, ergonomic principles and activity modification to optimize healing and prevent re-injury. Emphasis is placed on fostering active participation and self-management skills to empower patients in their recovery journey and promote adherence to rehabilitation protocols [3].

Intermediate rehabilitation (subacute phase): The subacute phase of rehabilitation typically begins several days to weeks following spinal mesotherapy and encompasses the transition from acute to subacute pain management and functional restoration. During this stage, rehabilitation focuses on improving mobility, strength and proprioception to restore optimal spinal function and enhance overall physical conditioning. Therapeutic exercises, including flexibility training, core stabilization exercises and proprioceptive retraining, are incorporated into the rehabilitation program to address specific functional deficits and promote neuromuscular re-education. Additionally, manual therapy techniques, such as joint mobilization and soft tissue mobilization, may be employed to address residual pain and stiffness and facilitate tissue healing [4].

Advanced rehabilitation (chronic phase): The chronic phase of rehabilitation represents the final stage of the rehabilitation continuum and encompasses the long-term management of spinal symptoms following mesotherapy. During this stage, the focus shifts towards optimizing functional performance, preventing recurrence of symptoms and promoting lifestyle modifications to support long-term spine health. Comprehensive rehabilitation programs may include progressive strength training, aerobic conditioning and functional retraining to enhance muscular endurance, improve cardiovascular fitness and promote spinal stability. Additionally, patient education and self-management strategies are reinforced to empower individuals in maintaining a healthy and active lifestyle [5].

Conclusion

Rehabilitation post-spinal mesotherapy plays a critical role in optimizing patient outcomes, promoting functional recovery and preventing recurrence of spinal symptoms. A comprehensive three-stage approach to rehabilitation, encompassing early, intermediate and advanced stages, provides a structured framework for addressing the unique needs of individuals undergoing spinal mesotherapy and maximizing their rehabilitation potential. By integrating evidence-based rehabilitation strategies, patient education and self-management techniques, clinicians can effectively guide patients through each stage of the rehabilitation process and support them in achieving optimal recovery and long-term spine health. Furthermore, ongoing research and clinical innovation are essential for advancing our understanding of rehabilitation post-spinal mesotherapy and refining rehabilitation protocols to further enhance patient outcomes and quality of life.

Acknowledgment

None.

Conflict of Interest

No conflict of interest.

***Address for Correspondence:** Margicta Toiccharekibe, Department of Physiotherapy, Tzu Chi University, Hualien 970374, Taiwan, E-mail: margictatoiccha@yahoo.com*

Received: 01 May, 2024, Manuscript No. jppr-24-137826; **Editor Assigned:** 03 May, 2024, PreQC No. P-137826; **Reviewed:** 15 May, 2024, QC No. Q-137826; **Revised:** 20 May, 2024, Manuscript No. R-137826; **Published:** 27 May, 2024, DOI: 10.37421/2573-0312.2024.9.389

References

1. Gibbs, David, Ben G. McGahan, Alexander E. Ropper and David S. Xu. "Back pain: Differential diagnosis and management." *Neurol Clin* 41 (2023): 61-76.
2. Urits, Ivan, Karina Charipova, Kyle Gress and Amanda L. Schaaf, et al. "Treatment and management of myofascial pain syndrome." *Best Pract Res Clin Anaesthesiol* 34 (2020): 427-448.
3. Koszela, Kamil. "A three-stage concept of spine pathology treatment-a different perspective." *Reumatologia* 62 (2024): 58.
4. David, Daniela, Cosimo Giannini, Francesco Chiarelli and Angelika Mohn. "Text neck syndrome in children and adolescents." *Int J Environ Res Public Health* 18 (2021): 1565.
5. Fares, Jawad, Mohamad Y. Fares and Youssef Fares. "Musculoskeletal neck pain in children and adolescents: Risk factors and complications." *Surg Neurol Int* 8 (2017).

How to cite this article: Toiccharekibe, Margicta. "Rehabilitation Post-spinal Mesotherapy: A Three-stage Approach." *Physiother Rehabil* 9 (2024): 389.