

Porównawcza ocena wyników leczenia zawrotów głowy pochodzenia szyjnego za pomocą farmakoterapii lub fizjoterapii

Comparative assessment of results in cervical vertigo pharmacotherapy vs physiotherapy treatment

Jurek Olszewski, Marcin Repetowski, Krzysztof Kuśmierczyk

Summary

Introduction. The aim of the study was to assess the effectiveness of pharmacotherapy and physiotherapy in cervical vertigo treatment. **Material and methods.** 80 patients with cervical vertigo (41 women and 39 men), aged 20 to 85, were treated by pharmacotherapy or physiotherapy. There were two groups: group I was treated by pharmacotherapy and group II was treated by physiotherapy and kinesitherapy. The effects of vertigo treatment were assessed by positional nystagmus testing according to Cawthorne and Rosen; cervical nystagmus testing in neck rotation test; by everyday task self-control cards and vertigo staging system according to Silvoniemi (0-4 points). The effects of treatment were assessed before therapy, 6 and 12 weeks after therapy. Patients from group I were treated by Nootropil and Betaserc; group II received magnetic Fidel, laserotherapy, massage and kinesitherapy exercises. **Results.** The obtained results showed that the most useful methods of cervical vertigo diagnosis were neck rotation test and Rose method. The average number of points (according to Silvoniemi scale) on the basis of ten everyday activities, was lower after 6 weeks of treatment than before the treatment and the lowest after 12 weeks of treatment. The difference was higher in group II than in group I. **Conclusions.** Patients treated by physiotherapy (group II) performed better in everyday activities than the patients treated by pharmacotherapy (group I). Cervical vertigo treatment by physiotherapy is cheap and underestimated method.