



Back and Lower Back Pain After Covid-19

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Abstract: After suffering from coronavirus, many patients face back pain. Pain often appears in the lumbar region, spine and shoulder blades, between the ribs. How to get rid of this condition and restore your body? Rehabilitation of post-ovarian patients puts many doctors at a dead end, since the new infection that caused the pandemic has not yet been fully studied. The situation is aggravated by the appearance of new strains that cause complications in the human body. After a successful cure from the virus, people cannot recover for a long time and complain of unpleasant sensations in the back area.

Key words: virus receptors, orthopedist, rehabilitation

Virologists claim that COVID-19 negatively affects the nerve endings of the human body, exacerbates chronic diseases and reduces immunity. As a result, unpleasant sensations appear, often fixed in one area. In particular, doctors note the following complaints in patients:

- Systematic tingling in the heart area.
- Chest and spine pain.
- Shortness of breath and unusual fatigue.
- Excessive sweating.
- Regular increase in body temperature.
- Nasal congestion.
- Respiratory failure.
- Loss of sense of smell and taste.

Another of the most popular consequences of Covid-19 is back pain, and before starting treatment, it is necessary to identify the cause of its appearance.

These and other unpleasant sensations occur in many people after undergoing a coronavirus infection. The body needs a long time for complete restructuring and recovery. During this period, the instructions of the attending physician should be strictly followed.

During infection with a coronavirus infection, the patient takes a huge amount of drugs that effectively fight the virus receptors, but have many side effects. To exclude possible consequences, the patient should consult with a doctor and undergo an appropriate medical examination.

To understand how to treat back pain after coronavirus, you need to pay close attention to existing diseases. COVID-19 exacerbates a number of chronic diseases present in the human body before infection:

- Spinal injuries, hernias, osteochondrosis.
- Oncological tumors.
- Cardio logical pathologies.
- Gastritis or stomach ulcer.
- Tuberculosis.

Disorders in the work of the muscular apparatus and neuralgia are the most common causes of unpleasant sensations in the back after coronavirus. A person experiences acute or aching pain in the spine, in the lower back and kidneys. Sometimes there is a tingling in the neck. Such symptoms are most often manifested in people suffering from joint diseases.

Treatment of the back after covid includes examination by an immunologist, pulmonologist, virologist and orthopedist. After the full conclusion of the doctors, the patient is recommended to visit a therapist who will make an optimal treatment plan and prescribe the necessary medications.

The complex of medications that reduce postcovid syndrome includes taking anti-inflammatory, painkillers and antiviral drugs. It is also necessary to use vitamins and muscle relaxants, which reduce painful sensations in the muscles.

A unique method of treating the back after covid is magneto therapy. One of the best medical devices for relieving painful symptoms are considered to be devices manufactured by "Sunny". The devices affect the body with the help of a low-frequency magnetic field, which brings tangible benefits to humans:

- Relieves acute symptoms that cause pain in the body.
- Prevents the development of diseases of the heart, stomach and other organs.
- Relaxes muscles, generating heat flow to painful places.
- Enhances blood circulation, disrupted after infection.
- Sterilizes the air, killing harmful bacteria.

The "Sun" device with a low-frequency alternating magnetic field is used in various medical institutions and sanatoriums. The method of magnetic therapy helps people to relieve pain and feel good. The heat that penetrates the body with the help of a magnetic field warms the nerve endings and increases blood flow to the sore spot. The device helps to reduce muscle tension and completely get rid of back pain.

The respiratory system suffers more. After covid pneumonia, fibrosis remains — scars on the lungs. They interfere with inhaling air with the full volume of the lungs, and the body may not be sufficiently saturated with oxygen. Therefore, those who have suffered coronavirus pneumonia have shortness of breath and weakness for a long time. However, fibrosis is not a specific consequence of covid pneumonia. It can occur after any pneumonia caused by other causes, not just coronavirus. For example, pneumonia can be caused by a bacterial infection. Pneumonia can also become a complication of the flu.

Oxygen starvation boomerangs the cardiovascular system and other organs and systems. Some doctors also express the opinion that coronavirus infection damages blood vessels separately, but while this

issue is still being studied, the evidence base is insufficient. It is not yet known whether vascular damage occurs as a complication of coronavirus or as a complication of concomitant diseases.

Is the liver often damaged? After all, when treating coronavirus, patients have to take a large number of medications.

The liver is damaged often. Moreover, it cannot even be said that this is due to the receipt of drugs. We have patients in rehabilitation who have suffered a mild form of coronavirus, some have not even received antibacterial therapy, but they have changes in liver enzymes. For example, the tests of such patients show a very high level of transaminases.

First of all, you need to see a doctor. To date, rehabilitation in the hospital is carried out in the 40th hospital and in the 37th. But almost all polyclinics accept people for rehabilitation on an outpatient basis.

It is impossible to carry out rehabilitation on your own. The fact is that during rehabilitation, it is necessary to take into account the state of health of each patient individually. For example, if a person who has undergone coronavirus has chronic cardiovascular pathologies, it is undesirable to give him physical activity without the supervision of a doctor. Or the patient can start inflating balloons — this is a frequent recommendation for lung recovery after pneumonia. But after covid pneumonia, inflating balloons is strictly prohibited, it can do harm.

In general, you should lead a healthy lifestyle: walk at least half an hour a day, breathe fresh air, get enough sleep and drink enough clean water. The rest is only according to the recommendations and under the supervision of a doctor.

The liver does not always suffer even from a large number of medications. The reserves of a healthy liver are the most powerful. It all depends on the degree of toxicity of drugs to the organ, where they are metabolized and how they are excreted, the features of drug-drug interactions in which toxicity exceeding that of one drug can be formed. It is important to remember that the interaction of five or more drugs taken at the same time is generally unpredictable.

Unfortunately, in the matter of symptoms, we can say that this is the weak point of such a powerful organ. The liver is a tough nut to crack and holds on to the last, "clenching his teeth." And this is the insidiousness of liver diseases, since it is devoid of nerve endings and begins to hurt precisely when it increases, that is, when the process has gone far. Pain occurs only if a significantly enlarged liver stretches its innervated capsule, that is, severe liver damage develops.

Sometimes only weakness can signal liver diseases. Jaundice is already a very formidable symptom, indicating major violations of the work of the organ.

That is why regular preventive, dispensary examinations often allow you to accidentally identify problems in the early stages.

Self-medication for liver diseases is unacceptable. Recovery of the liver after a viral infection should also take place strictly under the supervision of a hepatologist. For example, our center specializes in the field of hepatology, and our doctors diagnose, treat and rehabilitate most liver pathologies. We have accumulated unique experience in managing different categories of hepatological patients, and therefore not only residents of St. Petersburg, but also the whole of abroad turn to us.

An equally important reason is the autoimmune status of the patient, when any bacterial-viral infection provokes and accelerates the processes of inflammation in the tissues, including inflammation of the pulpous nucleus and fibrous rings of the inter vertebral disc.

Osteochondrosis is a degenerative-dystrophic disease of the spine, in which the vertebrae and intervertebral discs suffer. Destructive processes are activated by an uneven load on a certain part of the spine.

It is necessary to minimize physical activity, strive for complete rest, use copious warm drinks, take non-steroidal and antiviral (if necessary, antibacterial), desensitizing drugs. If the pain is very painful or remains after you have recovered, you need to consult a doctor. He will select and prescribe the appropriate treatment. For example, in our clinic, patients receive a full-fledged complex of medical treatment, traction, kinesiological therapy. This makes it possible to achieve stable remission and recovery in the shortest possible time.

Signs of damage to the digestive organs in patients with coronavirus are often detected. It all starts with abdominal pain and diarrhea, followed by nausea, vomiting, anorexia, changes in the activity of liver enzymes. Curiously, as doctors have noticed, the stronger the gastrointestinal disorders in coronavirus, the more severe COVID-19 is and the more often complications develop. Without a doubt, the damage to the gastrointestinal tract is caused by a cytokine storm, which can occur with coronavirus.

In addition, as doctors emphasize, a new coronavirus infection, like other viral diseases, can cause an exacerbation of an already existing chronic gastrointestinal disease, which will also worsen the course of COVID-19.

No less than the coronavirus infection itself, the gastrointestinal tract also damages its treatment, especially if you have to use antibiotics that disrupt the intestinal microflora. Because of this, intestinal permeability increases, and more pathogenic microorganisms enter the bloodstream, which can cause colitis (inflammation of the intestine).

To correct these conditions, a group of probiotics, proven for many decades, is used — living bacteria and microorganisms that live in the human body and positively affect its vital activity. They are often prescribed already during antibiotic therapy to support the gastrointestinal tract.

So, experts distinguish 4 main types of pain:

Acute (lumbago) - pain in the lumbar region caused by degenerative changes or previously suffered spinal injuries. In another way, the disease is called "lumbar lumbar". Pathology is characterized by severe discomfort in this area, which increases when performing any physical activities (sports, lifting weights, brisk walking for long distances, etc.). Pulsating or shooting pain in the lower back often gives to the surrounding organs and tissues.

Subacute or chronic (lumbalgia) - can be caused by lumbar osteochondrosis, scoliosis, dystrophic changes of vertebrae and intervertebral discs, etc. Lumbalgia is characterized by lower back pain (most often on one side), which increases with bends, prolonged sitting or standing. Therefore, patients are forced to be lying down or in a bent position.

Giving to the leg (lumboisshalgia— - painful sensations, fever or chills in the lower back and left or right leg. At the same time, the pain spreads to the buttocks area, and increases with a change of body position.

Severe neuropathic (radiculopathy or lumbosacral radiculitis) is a pinching or damage to the nerve roots, and is characterized by acute, penetrating pain in one of the spine, constant tension of the back muscles, and discomfort on the back of the thighs, tingling, burning and numbness of the extremities.

Degenerative-dystrophic processes cause the following pathologies:

Osteochondrosis of the spine - degenerative changes occur when cracks appear in the intervertebral discs, as well as in the case of a hernia in this area.

Violation of posture (including against the background of scoliosis) - in the absence of timely treatment leads to frequent lower back pain.

Overstrain or severe hypothermia of the muscles in the lower back area — the pain is pulling and binding (a person cannot straighten his back for a long time).

Spondylolisthesis - the disease involves displacement of the lumbar vertebrae.

Inflammatory processes also lead to discomfort in the lumbar region:

Muscle inflammation (myositis) — occurs with various bacterial and viral infections.

Bekhterev's disease (or ankylosing spondylitis) — the disease involves inflammation of the intervertebral and rib-vertebral joints, as well as ligaments of the spinal column. As a result, the spine loses its former mobility and elasticity, and therefore is easily injured by falls and bumps.

Osteomyelitis of the spine - the disease implies inflammation of the bone marrow, which is provoked by pathogenic pathogens (streptococci, staphylococci, Mycobacterium tuberculosis, etc.).

Tuberculous spondylitis is a chronic inflammation of the spine caused by tuberculosis pathogens. Bacteria enter the general bloodstream, and then into the bone tissue.

Also, inflammatory processes include diseases of the nervous system of an infectious nature (including meningitis).

At the same time, the vertebrae gently and painlessly "get up" to their former position (i.e., the former displacement is eliminated).

In our clinic, experienced, trained specialists who know biomechanics and human anatomy are engaged in manual therapy. The duration of the course is determined individually and depends on the severity and type of the disease. As practice shows, 5-10 procedures are usually required, but sometimes more. After treatment, our modern physical therapy room is at your service, where you can not only strengthen your health, but also prevent possible relapses of the disease.

Lower back pain is a consequence of various factors, among which there may be such serious diseases as osteochondrosis, osteomyelitis, ankylosing spondylitis, etc. Therefore, do not delay diagnosis and treatment. The sooner you see a doctor, the higher the chances of recovery. And our caring and attentive doctors will always help you.

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