



**EUROPEAN CONFERENCE**

# **Conference Proceedings**



**XV International Science Conference  
«Self-development: the key to success  
and personal growth»**

**December 09-11, 2024**

**Plovdiv, Bulgaria**

40.	Maramukha I.V., Maramukha A.A., Maramukha I.I. TREATMENT ASPECTS OF CARE OF A PATIENT WITH MERALGIA PARAESTHETICA (BERNHARDT-ROTH SYNDROME)	161
41.	Гапотченко М.О., Качуріна М.О., Черненко Л.М. ІННОВАЦІЙНІ МЕТОДИ КАТАМНЕСТИЧНОГО СПОСТЕРЕЖЕННЯ ЗА НЕДОНОШЕНИМИ ДІТЬМИ	163
42.	Мельничук Л.В., Присяжнюк С.Т. БІОХІМІЧНІ МЕТОДИ ДІАГНОСТИКИ РАКУ МОЛОЧНОЇ ЗАЛОЗИ	166
43.	Білоокій О.В., Білоокій В.В., Проняєв Д.В. СТАТИСТИЧНИЙ АНАЛІЗ ПОШАРОВИХ МАП АЗИМУТІВ ПОЛЯРИЗАЦІЇ МІКРОСКОПІЧНИХ ЗОБРАЖЕНЬ ФАЦІЙ КРОВІ В ДІАГНОСТИЦІ ЗАХВОРЮВАНЬ ЩИТОПОДІБНОЇ ЗАЛОЗИ	169
44.	Черкашина М.В., Дзиза А.В. НАСЛІДКИ ВИКОРИСТАННЯ ІНТЕНСИВНИХ АРОМАТИЗАТОРІВ (СВІЧОК, ДИФУЗОРІВ) ДЛЯ ЧУТЛИВИХ ПАЦІЄНТІВ ІЗ ХРОНІЧНИМИ РИНИТОМ І СИНУСИТОМ	171
PEDAGOGY		
45.	Ponomarenko N. QUALITÄTSSICHERUNG IN DER ALLGEMEINEN UND BERUFLICHEN ERWACHSENENBILDUNG IN DEUTSCHLAND	173
46.	Булгару Н.Б., Басараба А.О., Булгару Д.О. THEORETICAL ASPECTS OF THE SYSTEM FOR ASSESSING THE LEVEL OF FORMATION OF PROFESSIONAL COMPETENCES IN STUDENTS OF TECHNICAL UNIVERSITIES	176
47.	Вецко А.І., Байдарова О.О. САМОРЕАЛІЗАЦІЯ МОЛОДІ ЧЕРЕЗ УЧАСТЬ В РОЗВИТКУ МОЛОДІЖНИХ ЦЕНТРІВ: МОЖЛИВОСТІ ТА БАР'ЄРИ	179
48.	Груша Л.О. РОЛЬ ІНОЗЕМНОЇ МОВИ ПРОФЕСІЙНОГО СПРЯМУВАННЯ В ПРОЦЕСІ ОСОБИСТІСНОГО СТАНОВЛЕННЯ МАЙБУТНЬОГО ЛІКАРЯ	182

## **TREATMENT ASPECTS OF CARE OF A PATIENT WITH MERALGIA PARAESTHETICA (BERNHARDT-ROTH SYNDROME)**

**Maramukha Igor Volodymyrovich,**

Classical private university, Candidate of Medical Sciences, Associate Professor of the Institute of Higher Education, Department of Physical Rehabilitation and Human Health, Institute of Health, Sports and Tourism named after Tetyana Samolenko; Head of the Clinic "Verman Medical"

**Maramukha Alla Anatoliivna,**

Deputy Chief Physician of the Municipal Institution "Regional Center for Medical and Social Expertise" of the Zaporizhya Regional Council

**Maramukha Ievgenii Igorovych,**

postgraduate student of the department of physical rehabilitation, sports medicine, physical education and health of the Zaporizhia State Medical and Pharmaceutical University

Meralgia paraesthetica (Bernhardt-Roth syndrome) - neuropathy of the external cutaneous nerve of the thigh, occurs mainly in men of middle and old age. Its causes may be different: vertebral component with damage to the spinal roots L2 and L3, traumatic effects in the area of the inguinal ligament, improper use of corsets, belts, bandages. There may be more than 80 etiologies [1]. The clinical picture of the pathology is quite informative: a feeling of numbness, "crawling ants" appears on the anterolateral surface of the thigh, later pain of varying intensity may join in. These sensations can be observed both at rest and during active movements (Popelyansky Y.). The quality of life of patients decreases. Treatment of this nosology can be medicinal - primarily non-steroidal anti-inflammatory drugs, therapeutic medicinal blockades with the introduction of anesthetics. Physiotherapy and exercise therapy are used. Various types of surgical interventions can also be used, which depend on the etiological factors [2].

We, in the clinic, observed a patient with meralgia paraesthetica caused by radiculopathy L2, L3 against the background of herniated intervertebral discs at the level of these vertebral motor segments (VMS). Patient M., 52 years old, complains of numbness along the anterolateral surface of the thigh, with accompanying pain, the intensity of which varies depending on body position (decreases with body position). He has been ill for 2 years, the course is chronically recurrent, the current exacerbation is 1 month. On examination: flattened lumbar lordosis, local vertebral myofixation at the level of L2-L4, decreased pain and temperature sensitivity in the innervation zone of the external cutaneous nerve of the thigh. According to MRI data: herniated intervertebral discs L2-L3, L3-L4. Electroneuromyography of the lower extremities:

damage to the spinal roots L2, L3. Routine treatment – non-steroidal anti-inflammatory drugs, analgetics are ineffective.

We used a complex of treatment and rehabilitation methods: segmental massage, muscle traction, shiatsu. Physiotherapy treatment - Darsonval, magnetic therapy. The following were used: mobilizations in traction with the use of post-isometric muscle relaxation (PIR), mobilizations of the lumbar spine in rotation with flexion, mobilizations of the lumbar spine in rotation with extension, PIR of the gluteus maximus muscles, PIR of the piriformis muscles [3]; mobilizations and manipulations on the lumbar spine in the side lying position and neutral posture [4].

The course of treatment was 12 days. A positive result was achieved: the severity of the deformation of the spinal column decreased, the range of motion in the VMS was restored, sensitivity in the innervation zone of the external cutaneous nerve of the thigh was restored.

Based on the above, we can recommend the treatment complex we proposed as an affordable and inexpensive option for the comprehensive treatment of Bernhardt-Roth syndrome caused by vertebrogenic pathology.

#### **References:**

1. D. Harney, J. Patijn. Meralgia Paresthetica: Diagnosis and Management Strategies. *Pain Medicine*, Vol. 8, № 8, 2007, P. 669–677.
2. B. Schönberg, M. Pigorsch, D. Huscher, S. Baruchi, J. Reinsch, A. Zdunczyk, C. Scholz, Ann-Kathrin Uerschels, N. F. Dengler. Diagnosis and treatment of meralgia paresthetica between 2005 and 2018: a national cohort study. *Neurosurgical Review* (2023) 46:54. <https://doi.org/10.1007/s10143-023-01962-0/>.
3. В.П.Губенко. Мануальная терапия в вертеброневрологии. Киев, “Медицина”. 2006.
4. К. Lewit. *Manipulative Therapy: Musculoskeletal Medicine*. Churchill Livingstone. 2010.