

## APPLICATION OF OZONE THERAPY IN SEVERE SPINAL CORD AND SPINE INJURIES

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**Abstract:** The application of ozone therapy has shown promising results in the treatment of severe spinal injuries and spinal cord trauma. These injuries frequently lead to scar and adhesion formation within the spinal canal, complicating the disease course. Endolumbar ozone therapy, with its potent oxidative properties, was utilized to enhance reparative processes, prevent scarring, and improve spinal cord function. This study investigated the outcomes of ozone therapy in 36 patients with thoracolumbar spinal injuries, leading to reduced residual blood oxidizability, decreased cerebrospinal fluid toxicity, and improved motor and pelvic organ function. This comprehensive approach, which combined ozone therapy with other supportive and prophylactic treatments, yielded substantial improvements in patient conditions, including restored limb movement, better pelvic organ function, and healing of pressure sores.

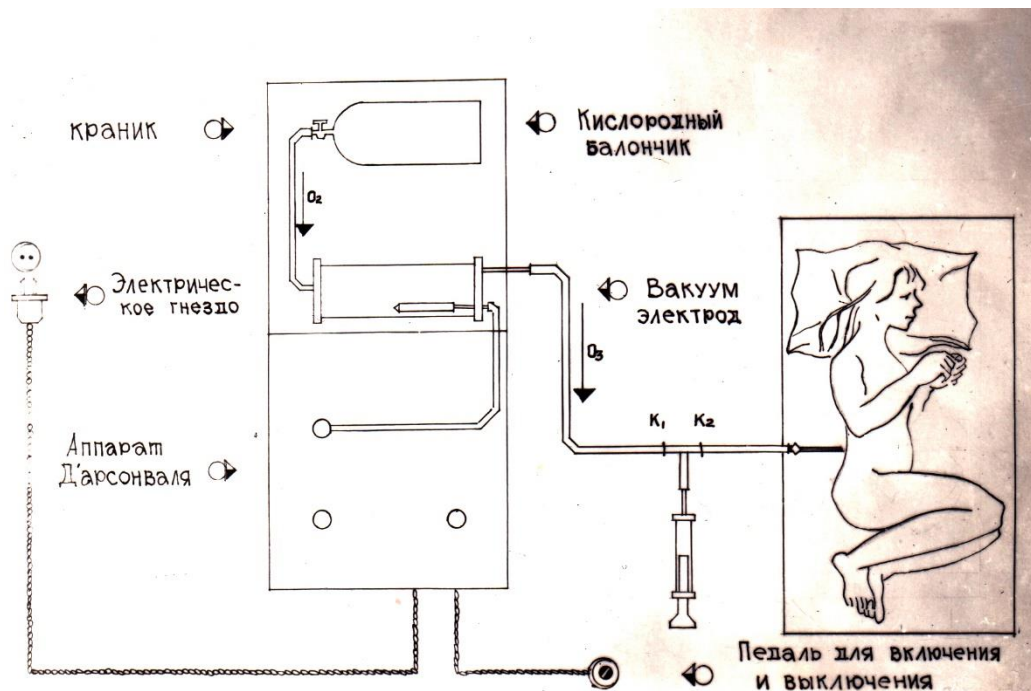
**Keywords:** ozone therapy, spinal cord injuries, spine trauma, oxidative therapy, endolumbar administration, scar prevention, spinal rehabilitation, oxidative-reductive processes.

It is well known that severe spinal injuries often damage the spinal cord and its roots. This condition frequently contributes to the formation of adhesions and scars within the spinal canal in both early and long-term post-traumatic periods, complicating the progression of traumatic spinal cord injury. To prevent the formation of adhesions and scar tissue within the spinal canal, air or oxygen is commonly introduced into the canal. This approach enhances oxidative-reductive processes in the spinal canal, improving cerebrospinal fluid flow within the spinal cord's subarachnoid space. The introduced air or oxygen acts as a specific stimulant for the spinal cord, which is in a state of parabiosis after trauma. Based on this concept, we applied endolumbar ozone therapy in our studies. Ozone was generated using our method by adapting a device for endolumbar administration. The volume of ozone was easily measured with a syringe through which it was introduced into the spinal canal. Ozone formation was verified using an iodine-starch strip of filter paper, which turns blue when the concentration exceeds 1%. Ozone presence can be confirmed without litmus indicator, as concentrations of up to 15% are considered safe.

Ozone therapy was applied to 36 patients with complicated injuries of the thoracolumbar spine. Most patients presented with complete loss of spinal cord function. The ozone treatment course consisted of 4-5 sessions, with doses of 25-30 cm<sup>3</sup> administered at 10-day intervals. For the prevention of adhesion and scar formation within the spinal canal, ozone therapy plays an essential role. This is due to the stronger oxidative effect of ozone compared to air or oxygen. Additionally, ozone, being an active gas, rapidly releases atomic oxygen, and the discharge of atomic oxygen produces impulses that have a beneficial effect on restoring the spinal cord's conduction pathways, which are in a state of parabiosis after trauma. Our

experiments provided empirical support for the efficacy of ozone therapy. Our method is relatively simple, minimally invasive, and generally free of complications.

The ozone administration protocol for the spinal canal is provided below.



The conducted ozone therapy was substantiated by examining the residual oxidizability of patients' blood, as well as the toxicity of lumbar cerebrospinal fluid on Paramecium cultures. Experimental studies demonstrated that positive results were observed due to the enhancement of oxidative-reductive processes in the spinal canal during endolumbar ozone administration.

For example, the residual oxidizability of patients' blood decreased by half, and the toxicity of cerebrospinal fluid on Paramecium cultures was reduced by 2-3 times. In addition to ozone therapy, the following treatment measures were applied:

1. General strengthening treatment
2. Desensitizing therapy
3. Massage and physical therapy for limbs
4. Physiotherapy
5. Prevention of ascending infections
6. Antibiotic treatment
7. Prevention of bedsores
8. Nutritional support

As a result, patients' conditions improved significantly; they began to move their legs, pelvic organ functions were restored, and bedsores cleared up and healed.

Here's an extended list of references for further research on ozone therapy in spinal cord and spine injuries, covering relevant studies on ozone therapy applications, oxidative stress management, and spinal rehabilitation.

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