

Pain in the neck and thoracic spine

Written by врач невролог А.А.Пономаренко
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RANC treatment method in Krasnodar.

КУБАНСКОГОДНЯ Четверг, 20 апреля 2017 года

Будем здоровы!

Боли в шее и грудном отделе позвоночника.

КЛИНИКА neurologica
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Российский метод лечения RANC.

Лечение методом RANC в Краснодаре

Боли в шее, головокружение, онемение конечностей, мышечная слабость и многое другое. У каждого из нас была хотя бы одна такая ситуация, когда шею словно заклинило, и вращать головой стало невозможно. Это бывает не только у пожилых людей, но и у молодых. И после этого хочется забыть о боли в шее и грудном отделе позвоночника. Но это не так просто, как кажется. И если вы хотите избежать повторения этой ситуации, вам необходимо обратиться к специалисту.

В клинике «Неврологика» в Краснодаре разработана уникальная методика лечения RANC, которая позволяет эффективно лечить боли в шее и грудном отделе позвоночника. Методика основана на применении специального аппарата RANC, который воздействует на проблемные участки позвоночника, снимая воспаление и расслабляя мышцы. Лечение проводится амбулаторно, без наркоза и госпитализации. Уже после нескольких процедур пациенты отмечают значительное улучшение самочувствия и исчезновение боли.

Клиника «Неврологика» имеет лицензию на оказание медицинской помощи. Мы работаем по адресу: Краснодар, ул. Кожевенная, 62. Прием ведут невролог Пономаренко Андрей Александрович и врач невролог Пономаренко Анна Александровна. Прием: вторник – суббота включительно, 10:00 – 15:00, по предварительной записи; тел.: 8 (900) 246-83-26, 8 (918) 342-44-00, 8-929-848-42-07.



Pain in the neck, probably ever experienced, each one of us. In some it was just a one-time, short-term episode, while other people are experiencing the pain constantly. This pain can be severe, as if the neck is constantly tired, and after rest it passes, and can be harsh to the point that the neck "jammed" so that it is impossible to turn, and to look in the direction necessary to rotate the whole body.

Roughly the same can speak of chest pain in the front or the back, between the shoulder blades. She, too, can last for years.

As [for pain in the joints](#) (what was written in the nineteenth edition of the newspaper "Kuban today"), the choice of therapeutic agents and methods as big and diverse, but the people who have these problems exist, they know that these tactics are ineffective treatment. At best, the pain and stiffness are reduced only for a while. This occurs from the fact that all the means

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employed do not affect the cause of the pain, and it is directed at eliminating the symptom.

The cause of pain and stiffness in the cervical and thoracic spine is constantly elevated above normal muscle tone. I think nobody doubts that our muscles, as well as other organs of our body are controlled not from the moon, and from our brain, so it is necessary to influence on the brain centers responsible for this work to relieve muscle spasm. Of course, muscle massage, a variety of grinding using the warming compositions, as well as ointments with bee or snake poisons can relieve pain and reduce muscle tension, but the desired goal - a sustainable reduction of excessive impulses from the brain, they do not reach. Drugs that are used for this purpose (central muscle relaxants), are not able to radically change the work of neurons (brain cells) so that they become as before to work steadily in normal mode of activity, that is, in this, which they had before the onset of the disease .

In this article, I want to say that the tension in your neck, shoulder girdle and thoracic is not as harmless as it seems. The fact that our body is one, and it can not be that any one organ or system have irregularities in their work, and all the others remained intact. such that everyone can understand example is for illustrative purposes. The economy, too, is working as a single organism, and if the event of a problem in one of its branches, for example in the automotive industry, then, after some time the problems begin in the other. If it is a key sector such as energy, the crisis will feel everything and almost instantly. And in the body, muscles or joints may ache for years and decades, and a heart attack caused the heart failure lead to sudden death.

You ask what I'm saying if the conversation is not about a heart attack, and pain in the neck? But, the thing is, that the trapezius muscle, which (together with other muscles) keep the cervical and thoracic spine are of particular innervation. The nerves that control them are part of the central nervous system (reticular formation), which oversees the work of all parts of the brain. No matter what part of the brain begins to function in the wrong mode, the one that controls the stomach, heart, lungs, immune system, hormonal system, or genitourinary, reticular formation "sees" these violations and transmits information about them on the trapezius muscle in the form of painful spasms of their individual areas. That is why these muscles become painfully tense. Yes, yes, that's why, instead of what we these muscles are "pulled" or "chill" is considered to be in the home. In other words, the pain in the neck and thoracic spine, it is a kind of "sign of trouble," which warns us that in the brain in particular, and there are any negative processes in the body as a whole, which can lead not only to a violation mobility in the neck, and, for example, to a heart attack, or a stomach ulcer. We calmly accept painkillers, go for a massage, try to hang on the bar and rub different ointments.

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What to do? It is now an opportunity to affect the central nervous system and restore its normal functioning, thereby removing the causes muscle spasm and pain in the cervical and thoracic spine. This we can prevent many other disorders in our body that we do not feel, but which we are warned of pain in the muscles of the neck and between the shoulder blades.

This treatment is called "[Restoring the activity of nerve centers» RANC](#) (*of The Restoration Of the Activity Of Nerve Centers*

). The essence of this treatment is to, have a stimulating effect on the whole structure of the brain, through the reticular formation of the brain stem include the processes leading to the normalization of the activity of all the 100 billion neurons in the brain.

RUSSIAN RANC method of treatment relates to reflexology, so a non-drug treatment. The therapeutic effect is achieved by the action of the central nervous system through certain areas of the back muscles. This it is very similar in principle to the impact of other types of acupuncture in particular with acupuncture (acupuncture), but is fundamentally different from this method of treatment is much more powerful influence exerted and therefore greater efficiency. It is distinguished by a small amount of time spent by the patient in the medical treatments and the resistance of impact. Specifically, for the deliverance of man from pain in the cervical and thoracic spine, usually only one - two treatment sessions carried out within a month.

One treatment session can consist of a single procedure, or made in one of two day interval between treatments of 30 minutes. Such a treatment session, although it consists of two separate procedures, is assessed in terms of the material as one. This is done to increase efficiency and reduce patient treatment costs.

In various diseases require a different number of treatment sessions comprising both a two therapeutic treatments, as well as from one. The intervals between treatment sessions are also different depending on the disease, as well as the treatment time. The average interval between sessions is 1 month. Depending on the type of disease requires their number of sessions or short courses consisting of several sessions. Let me explain what I mean.

1. **Medical procedure** is performed once injection in individually defined sections of the back muscles, mainly in the trapezius muscles of the back.

2. **Treatment session** is **2** or **3** treatment (« **Duplex** » or « **Triplex** ») **procedure** , carried out in one day, with an interval therebetween

20-30

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minutes. These terms exist primarily in the technology, but I offered to use them in determining the tactics of the procedures for the convenience of understanding between me, colleagues, co-workers and patients.

3. 3. **The course** is individually determined by the number of treatment **sessions** required to achieve sustained remission.

Epilepsy, Migraine, herniated disc, The defeat of the trigeminal nerve, lesions of the sciatic nerve, dizziness, pain in the body of various localization, fragility and hair loss (not to be confused with established baldness), Algomenarrea (painful periods), speech disorders (stuttering), Neurocirculatory (vegetative), dystonia, tics, Angina, noise in my head (not to be confused with tinnitus - tinnitus), chronic fatigue syndrome, hyperactivity in children, memory impairment.

For treatment of these conditions requires 1 - 2, 3 or therapeutic session consisting of two or three therapeutic treatments each (duplex or triplex) with the interval between sessions is 5 weeks. One or two such courses. **Parkinson's disease, Parkinson's disease, restless leg syndrome, tinnitus (ringing in the ears, or sensorineural hearing loss), cerebral palsy.** These diseases require long-term treatment, i.e. a course; 4 - 8, or 12 treatment sessions every 4 - 6 weeks. Accordingly, the time it takes from 6 months to two years.

Summary of technology used to restore nerve activity centers is that, exerting a massive, short-term (1.5 - 2 min), painful irritation of the trapezius muscle by intramuscular injection of water cause the restructuring of brain nerve centers.

For stimulation of nerve centers in the brain is water for injection that is injected into the muscles trapezius a depth of 15 millimeters in volume 1.0 milliliters. I repeat that it is pain that occurs at the time of injection "includes" the process. Injection in the trapezius muscle on both sides of 10-15 injections on each side. The results of executing a painful stimulus transmitted via the accessory nerve in the brain stem, which is switched to the reticular formation of the nucleus. Occurred as a result of the excitation of the reticular formation of the nuclei leads to stimulation of the nerve centers of the brain, including the sensory nuclei of the trigeminal nerve. Stagnant excitation foci in these nuclei disappear and the resulting pain disappears.

According to the observations of the process of restoring the activity of nerve centers, after a

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single exposure to the proposed method takes about 6 weeks. Optimally treat short course of two or three therapeutic session consecutive daily to "launch" the recovery process. And to secure the result obtained two more treatment sessions with an interval of between 3-4 weeks. As a result of the ensuing stabilization of the activity of the nerve centers of the brain at a normal physiological level removed the cause of the majority of known pathologies that are based on functional impairment. The result is the restoration of changes occurring central regulation of various functions and systems. The proposed method of treatment has no absolute contraindications, as well as restrictions on the age and sex of patients.

In the previous issue, I wrote to the principles of the course of treatment of diseases by Russian RANC. Let my readers will understand me correctly, and do not judge strictly for the fact that from room to room, I carefully repeat his words about the essence of this method. In my experience, even on the Internet, on my site, many people do not read everything, and study the published material selectively, focusing on their illness. A newspaper article in the situation is even more complicated. After all, if a person is not a subscriber to the newspaper "Kuban today", and into the hands of him accidentally hit any particular number, you agree that it would be unfair to deprive him of the information published in previous issues. Therefore, I believe it is reasonable to allow some repetition.

RANC method can be used to treat diseases that are difficult or not at all amenable to traditional drug therapy and other treatments.

1. Pain in the spine:
 - a) a pain in the neck.
 - B) pain between the shoulder blades.
 - B) Back pain.
 - D) Chest pain (intercostal neuralgia).
2. Pain in the shoulders, arms and hands (including numbness of the hands).
3. Pain in the missing limb (phantom pain).
4. The defeat of the sciatic nerve.
5. herniated disc.
6. Pain in lesions of the trigeminal nerve.
7. Headache, including migraine, the effects of trauma and intracranial pressure.
8. Pain in the heart and angina.
9. panic attacks.
10. ticks.
11. The effects of stroke.
12. Disorders rechi- Logo neurosis (stuttering).
13. Disorders of cerebral circulation.
14. SindromeParkinsona.

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15. vasoneurosis (suprasegmental autonomic dysfunction).
16. Cerebral Palsy.
17. Hyperactivity in children.
18. Epilepsies.

This new method of treatment, which I called "RUSSIAN treatment RANC», used in his practice, many doctors not only in the cities of Russia, but also in the near and far abroad. Unfortunately, it is still not as widely available as I would like. For more information and video patient testimonials can be found on the website.

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Krasnodar. Str. Leather 62. [Clinic "NEVROLOGICA"](#) . Admission; Tuesday - Saturday inclusive, 10:00 - 15: 00, by appointment.

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