

Adenoidal Hypertrophy and Physiotherapy

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Abstract

Adenoid hypertrophy (AH) refers to the most common pathology of pediatric otorhinolaryngology. The lymphatic pharyngeal ring plays a leading role in creating the immune barrier of the upper respiratory tract. In this regard, the conservative methods of therapy that do not require surgical intervention and ensure the preservation of the immune protection are more relevant.

Introduction

The emergence of new effective methods of medicamentous, immunomodulation and physiotherapeutic effects makes it possible to seriously consider the effectiveness of treatment as an alternative to surgical intervention [1-5].

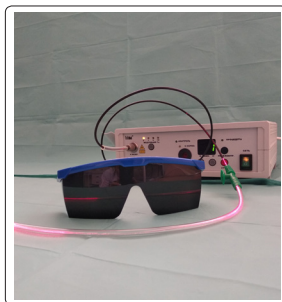
Materials and Methods

The study included 53 patients with AH: 32 boys and 21 girls at 7.1 ± 2.5 years old. Patients were divided into 2 groups: the 1st (control) - 28 patients with standard treatment of AH and the 2nd (main) - 25 patients with standard treatment and physiotherapy: intranasal, oral laser irradiation and ultrasonic cavitation treatment (10 procedures).

Additionally, all participants in the study were examined by ENT, including endoscopy of the nasal cavity and nasopharynx; an objective assessment of the state of the auditory analyzer (acoustic impedance measurement).

Results

The analysis of the conducted studies revealed that in the main group of test subjects after the course of treatment, nasal breathing was restored in 84% of children, whereas in the control group, nasal breathing was restored in 57%. There was also a significant change in the degree of hypertrophy in the main group compared with the control group. It was revealed that after the course of treatment in the main group in children AH grade 2 decreased to grade 1 in 67% of the cases and in children with initial hypertrophy grade 3-AH decreased to the grade 2 in 71% of the cases.



Conclusion

Thus, the additional use of physiotherapy in the conservative treatment of AH is more effective in comparison with standard therapy.

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