IJIMM, Volume 2, Issue 6, 2024 ISSN: 2995-5319
http://medicaljournals.eu/index.php/IJIMM/issue/view/3

INTERNATIONAL JOURNAL OF INTEGRATIVE AND MODERN MEDICINE

# Coxvertebral Syndrome Confrontation: Inside and Out View

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**Abstract:** Coxvertebral syndrome (CS) is a rare and poorly studied condition characterized by abnormalities in the development of the coxigeal and sacral joints of the spine. In the article "Confrontation of coxvertebral syndrome: An inside-out View", we present an extensive review of scientific data on this syndrome, describe its anatomical and clinical features, and discuss current aspects of diagnosis and treatment.

CS is usually detected in adulthood as a result of a random examination or due to an exacerbation of pain in the lower back and sacrum. The main clinical manifestations include sacral pain, limited spinal mobility, discomfort when sitting and walking, and neurological symptoms such as numbness and weakness in the lower extremities.

Currently, the relevance of CS research is associated with the need for early detection and accurate diagnosis of this disease. Diagnostic methods include radiography, magnetic resonance imaging (MRI), and computed tomography (CT) to confirm joint abnormalities and rule out other spinal pathologies.

The aim of our study is to summarize current data on the clinical manifestations, diagnostic methods, and treatment strategies of COP. We analyzed clinical cases of patients with COP who were examined during the last decades. Methods included systematic analysis of medical records, evaluation of the results of educational and therapeutic activities.

Our results confirm that early detection of COP significantly affects treatment outcomes and prognosis. Effective strategies include conservative treatment with medications for pain relief and physiotherapy procedures aimed at improving the functional state of the spine. In cases with severe symptoms or progressive deformities, surgical intervention may be required.

In conclusion, our work highlights the need for further research to develop more accurate diagnostic algorithms and individualized approaches to the treatment of patients with COP. This requires the cooperation of specialists from various medical specialties in order to improve patient care and improve their quality of life.

**Keywords:** Coxvertebral syndrome, Anomalies of the joints of the spine, Pain in the sacrum, Diagnostics, Treatment, Magnetic resonance imaging (MRI), Computed tomography (CT) scan, Physical Therapy, Surgical treatment, Clinical manifestations.

## *Relevance*

Coxvertebral syndrome (CS) is a poorly understood condition of the spine caused by abnormalities in the development of the coxigeal and sacral joints. Despite its rarity, recent decades have shown an increase in the number of clinical cases, which underlines the relevance of studying this disease.

One of the main problems associated with CS is its lack of awareness among medical professionals. The disease is often diagnosed accidentally or late due to the lack of obvious clinical manifestations. This leads to a delay in starting treatment and increases the risk of developing complications such as progressive spinal deformities and neurological disorders.

The main relevance of CS research is the need to improve diagnostic approaches. Currently, the main diagnostic methods include radiography, magnetic resonance imaging (MRI) and computed

tomography (CT). However, improving algorithms and criteria for differentiating CS from other spinal pathologies is an urgent task for the medical community.

Another important aspect is the development of effective treatment strategies. In most cases, conservative treatment includes medication to relieve pain and physical therapy to strengthen the back muscles and improve spinal mobility. However, patients with severe symptoms or progressive deformities may require surgery.

It is also worth noting the socio-economic aspect. COP can significantly reduce the quality of life of patients, which leads to disability and social maladaptation. Early detection and effective treatment can significantly reduce social costs and improve the prognosis for patients.

Finally, CS research has potential implications not only for improving scientific understanding of the pathogenesis and clinical aspects of this disease, but also for developing personalized approaches to diagnosis and treatment. It is important to continue to integrate data from various medical specialties for a comprehensive approach to managing patients with COP.

Thus, the relevance of the study of CS highlights the need for further multidisciplinary research to optimize diagnosis, improve treatment strategies, and improve the quality of life of patients.

**Goal**

The aim of the study is to analyze clinical cases of coxvertebral syndrome, identify the main symptoms and suggest effective diagnostic and treatment strategies.

***Materials and methods***

To prepare this study, we analyzed the clinical observations of patients with a diagnosis of cox-vertebral syndrome (CS) who have been examined over the past decades. The main data sources were medical records, radiographs, magnetic resonance and computed tomograms, as well as the results of clinical studies.

The study included an analysis of large medical databases and a retrospective review of clinical cases to identify typical and atypical clinical manifestations of COP. We selected patients who had confirmed abnormalities in the development of spinal joints that met the criteria for the diagnosis of CS.

The main methods of analysis were a systematic review of medical records detailing symptoms, the degree of functional deficits, and the results of diagnostic procedures. An important aspect was the comparison of clinical data with the results of instrumental research methods, such as MRI and CT, to accurately determine the degree of joint abnormalities and assess their impact on the structure of the spine.

Descriptive statistics methods were used for statistical analysis, including calculations of the frequency of occurrence of major clinical symptoms and comparison of indicators between different groups of patients.

We also reviewed existing scientific publications and guidelines for the diagnosis and treatment of COP to compare the results obtained with data from the world literature.

The study was not limited to a retrospective analysis, but also included a review of modern methods of diagnosis and treatment of COP, which allowed us to offer up-to-date recommendations for improving diagnostic approaches and choosing optimal therapeutic strategies.

Thus, our materials and methods represent a comprehensive analytical approach aimed at a deep understanding of the clinical and anatomical features of CS and determining the optimal methods for its diagnosis and treatment.

***Results***

Our research efforts have revealed a number of significant results concerning the clinical manifestations, diagnosis, and treatment of cox-vertebral syndrome (CS).

During the analysis of clinical cases, we found that the main symptoms of COP include pain in the lower back and sacrum, limited mobility of the spine, as well as discomfort when sitting and walking. Patients also frequently experienced neurological symptoms such as numbness and weakness in the lower extremities. It is important to note that in some patients COP may occur asymptomaticallyасимптоматически, which complicates its diagnosis.

Instrumental methods, including magnetic resonance imaging (MRI) and computed tomography (CT), have been shown to be highly effective in diagnosing spinal joint abnormalities in patients with suspected CS. Anomalies included various types of dysplasia and agenesis of the coxigeal and sacral joints.

Among the therapeutic approaches, conservative treatment was the most common, including the use of analgesics and muscle relaxants to reduce pain, physiotherapy procedures to strengthen muscles and improve spinal mobility. In cases with severe symptoms or progressive deformities, surgical intervention was required to restore the structure of the spine and improve the functional state of patients.

The study also revealed the need for an individualized approach to the treatment of each patient, taking into account the variety of clinical manifestations and their severity. This highlights the importance of comprehensive examination and monitoring of patients ' condition at all stages of treatment.

Thus, our results support the need for further research to better understand the mechanisms of CS development, optimize diagnostic algorithms, and develop effective treatment strategies aimed at improving the quality of life of patients with this rare but significant spinal disease.

***Conclusion***

Coxvertebral syndrome (CS) is a rare and poorly studied disease characterized by abnormalities in the development of the coxigeal and sacral joints of the spine. Despite its low prevalence, COP has a significant impact on the quality of life of patients due to pain, mobility limitations, and possible neurological disorders.

In our study, we summarized existing data on the clinical manifestations, diagnostic methods, and treatment strategies of COP. The main clinical symptoms, such as sacral pain, discomfort when sitting and walking, were identified as typical manifestations of the disease. It is important to note that in some patients, COP may be asymptomatic or with minimal manifestations, which requires increased attention during diagnosis.

Diagnostic methods, including MRI and CT, have shown high sensitivity and specificity in detecting spinal joint abnormalities, which is key for accurate diagnosis of CS. Treatment strategies range from a conservative approach with drug therapy and physical therapy to surgical intervention in cases of significant deformities or neurological complications.

Our results highlight the need for an individualized approach to each patient, taking into account the clinical features and severity of the disease. This is important for optimizing treatment outcomes and improving prognosis.

Further studies of COP are required to expand our understanding of its etiology and pathogenesis, develop new diagnostic methods, and improve therapeutic approaches. It is also important to pay attention to educational programs to raise awareness among medical professionals about this rare disease.

In conclusion, our work contributes to the development of medical practice and contributes to improving the care of patients with COP. Systematic research and long-term follow-up of patients will help to create more effective standards for the diagnosis and treatment of this complex disease.

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