

PAIN IN THE LEG

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Abstract:

Leg pain is a combination of symptoms caused by diseases of the lower extremities. They appear in the form of sharp or pulling pain. It is usually observed in diseases of the joint, muscles or vascular system, and also occurs as a result of injuries or neurological deviations.

Keywords: leg pain, neurological disease, symptom

CAUSES OF LEG PAIN

The most common cause of leg pain is disorders in the vascular system of the lower extremities. This can be caused by atherosclerotic changes, which leads to a narrowing of the space of blood vessels and a decrease in blood flow to muscle tissues. As a result, phlebitis and varicose veins develop, and these diseases are also associated with pain in the legs.

Leg pain is also noted in neurological diseases, which is caused by inflammation and damage to the nerve fibers innervating the legs. Often, the pain is caused by gout and arthritis, which cause inflammation of the joints. The cause of pain in the legs may be related to diseases of the lower parts of the spine, for example, pulling pains in the legs are often noted in cases of spinal hernia.

Violations of the venous system are characterized by a decrease in pain when raising the leg; If there are problems with the arteries, the pain decreases when the leg is stretched. Cramping and tingling in the legs indicate the presence of spinal diseases.

Symptoms and signs of pain in the leg

With the development of venous stagnation, persistent pulling pains, tension and a feeling of heaviness appear in the legs. If the process lasts a long time, it often ends with varicose veins of the legs. The pain is clearly felt and often appears in the lower part of the leg, while patients may feel tingling, pricking. It usually occurs in the evening, due to prolonged standing or even sitting.

Pain can also occur when exposed to heat from a sauna, bath, or hot tub. In women, it is associated with changes in the hormonal background during the menstrual cycle. Externally, varicose veins are manifested by the bulging of venous nodes and the appearance of vascular stars.

Thrombophlebitis (vascular disease) is manifested by acute pain, burning sensation, pulsation. The pain lasts for a long time, is characterized by persistence and feeling in the calf muscles.

The level of pain depends on the amount and location of the thrombosis, the number of vessels covered by the process.

Atherosclerotic disease, which damages the arteries, leads to thickening of the vessel walls, patients complain of pain in the calf muscles, fingers, in the front part of the calf, which increases even when walking short distances (up to 500 meters). Sometimes the pain appears in the evening, forcing the patient to lie down with his legs down, because in this case, the pain decreases a little. A characteristic symptom of this disease - "cold feet" - is a phantom sensation that is not related to the temperature of the environment.

It is usually the cause of diseases of the lower part of the spine, as well as radiating (spreading, passing) pain in the legs. Most often, this is associated with the displacement of the intervertebral discs. The same category includes inflammation of the sciatic nerve - sciatica, in which the pain radiates downward from the sciatic nerve.

In old age, as well as due to systemic diseases, a person develops various pathologies of the joints, which also causes leg pain. Patients note that their legs feel like they are twisting, and the pain is associated with weather changes. If the process is missed, the pain will be constant and unbearable.

Chronic pain in the legs can also be caused by flat feet, which is accompanied by significant stiffness of the lower extremities, rapid fatigue during walking, and constant exhaustion. Neuralgia (disruption of the peripheral nervous system) is accompanied by sharp wave pain along the nerve endings. Neuralgic attacks usually alternate with the incomplete manifestation of pain, and the pain-free period lasts for several seconds, minutes and even hours. The strongest pains are noted in acute inflammation of muscle tissues, especially in myositis.

Infectious diseases such as osteomyelitis, which lead to very dangerous and serious complications, cause acute, long-term pain in the bones of the legs.

A blow to the leg or other injuries, alone or in combination with other factors, is often the cause of leg pain. Most often, the feet are hit, swelling and hematoma are formed at the site of the injury. The nature of the pain is determined by the location of the injury, its severity, and the area of damage.

Pain also accompanies fractures of the leg bones. The intensity of the pain depends on the features and location of the fracture. In case of a leg fracture, there is an increase in pain during any movement, swelling and swelling of the injured area. In the injured leg, movement is usually limited, subcutaneous bleeding is observed.

In case of obvious fractures, the leg is in an unnatural position or has a pathological movement in places where there are no joints. Characteristic crepitation of bone fragments is detected, broken fragments are visually identified in open fractures, bleeding and traumatic shock are added. If the injury affects a nerve or blood vessel, symptoms of blood circulation disorders in the leg are detected, neurological diseases develop.

DIAGNOSING LEG PAIN

Leg pain is not a primary symptom, it is necessary to conduct certain clinical and instrumental studies to determine the exact cause of the disease. It is of primary importance to rule out such diseases as thrombophlebitis, thrombosis, blood flow disorders, oncology, which threaten the patient's life.

Radiography of the pelvis and legs, MRI and computer tomography are recommended as diagnostic methods.

TREATMENT OF LEG PAIN

Constant, unbearable pain in the legs can be stopped only by anesthesia blockade performed by a doctor. In addition, according to the doctor's instructions, analgesics are prescribed in the form of tablets or injections. Symptomatic treatment includes the use of nonsteroidal anti-inflammatory drugs in certain doses. It is also possible to use special gels or ointments containing these agents that have a warming and distracting effect.

In the hospital and under the supervision of a specialist, muscle relaxants are prescribed to relieve reflex muscle spasm. It is also treated with a vitamin-mineral complex with enhanced vitamin B group. To improve blood circulation in the affected area, drugs that improve peripheral blood supply are prescribed.

Manual therapy, medical gymnastics and physical therapy are used to relieve pain in the legs, which are often used to treat leg pain.

PREVENTING LEG PAIN

Prevention of leg pain involves several factors. First, lifestyle should be aimed at preventing the development of cardiovascular diseases. Regular physical activity helps to normalize the blood supply to the legs. Strengthening the abdominal and back muscles reduces the pain caused by spinal diseases in the legs.

In order not to affect the sciatic nerves, try not to sit on hard surfaces, if necessary, you can use special soft pillows. For the same reasons, don't tighten the belt and don't recommend wearing tight pants.

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