

Symposium 2-3

## Effect of Moxibustion of the Feet on Balance Function for Lumbar Spinal Stenosis

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Lumbar spinal stenosis (LSS) is a syndrome whose main symptoms include pain and numbness in the lower limbs. The estimated number of patients with the disease is approximately 5 million, and its prevalence increases with age, causing physical and mental deterioration in health-related QOL. While the results of surgery are generally good, the pain and numbness in the lower limbs as well as impairment in the lower limbs may remain and reduce the degree of satisfaction in patients even after surgery, although it depends on the disease duration, age and severity of neurological disorders before surgery. Residual symptoms after surgery show a poor balance due to dysesthesia or paralysis on the affected side, and uneven load has been observed in the center of gravity load test. This is due to deterioration in somatic sensation among the sensory functions (deterioration in somatic sensation,

visual disorder, and deterioration in vestibular function), and there have been many similar reports with hemiplegia and DM-type neuropathy.

We implement moxa stimulation utilizing proprioceptive sensation (mechanoreceptors) in places such as intrinsic muscles on the sole of the foot and medial plantar nerve. The plantar sensation (somatic sensation) is closely related to the control of standing posture, and there have been reports that heat stimulation of the sole of the foot is effective for maintaining balance of the trunk. We report on the possibility of improving the functions, mainly based on the results of the center of gravity load test regarding changes in standing posture control, by using moxa stimulation of intrinsic muscles and medial plantar nerve utilizing proprioceptive sensation.