

# **THE DYNAMICS OF CHANGES OF UPPER EXTREMITIES CAUSED BY VIBRATIONS AND UNILATERAL EXCESSIVE LOAD AFTER DISCONTINUED RISK EXPOSURE**

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## **SUMMARY**

The main aim of our research was evaluation of changes affecting vessels and peripheral nerves of patients with disorders of the upper extremities caused by vibrations and also peripheral nerves due to excessive loads. We evaluated both groups of these patients after two and five years' discontinued exposure.

During both examinations 90 % of these subjects reported persistence or deterioration of their complaints.

We found by objective examination of persons with disorders caused by an excessive load in 80 % cases significant improvement of the neuropathy already after two years. But five years after absence from risk exposure we found only a slight further regression of disorders.

In the group of patients with disorders caused by vibrations we found normalization of neurological changes after two years in 33 %, but in 21 % of these patients we proved progress to a more serious affections, however after five years there were almost no further changes. The vasospastic changes on vessels persist after two years in 63 % and after five years in 51 % of the examined patients. In both examined groups significant improvement of neural and vascular changes during the two years after absence from exposure was found. After five years only slight regression occurred.

*Key words:* diseases, changes, upper extremities, vibrations, one-sided excessive load

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