

FUQIZIMI MUSKULAR, PJESE E RËNDËSISHME E REHABILITIMIT TË NJË ENDOPROTEZE TOTALE KOKSOFEMORALE

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Summary

STRENGTHENING MUSCLE, AN IMPORTANT PART OF THE HIP REHABILITATION

Introduction: Muscle strengthening exercises of the hip have the most important role in regaining of all functions. Beginning their role in the first steps of degenerative disease that affect this articulation, go over their performance and take a very important role when this hip disease resolved by a surgical way. Always start with initial exercises which increase the load step by step.

Purpose: The assessment of muscle's tone as an important component in achieving of the final goal of hip rehabilitation.

Material: The study included 836 patients with coxoarthrosis treated with unilateral or bilateral Prosthesis. All these patients were treated by Orthopedics-Traumatology Service at the National University Hospital Center from 2007-2010.

Method: The study is prospective type. The methodology of the evaluation is made to the patient preoperator, in collaboration with an orthopedic doctor. Measurements of muscle's tone were performed before surgery, the first day of the rehabilitation and after rehabilitation. The hip's endoprosthesis rehabilitation starts with preoperator rehabilitation and continues.

Statistical analysis: Discrete datas were presented in percentages. For presentation of datas were used tables and graphs of various types. To make comparisons between discrete variables were used Chi-square test and for continuous datas and an ANOVA test. Were considered significant p values <0.05 . For the analysis datas was used SPSS 16.0 programe.

Results: Of 836 patients 460 (55%) were females and 376 males (45%). The average age of patients was 57.93 ± 10.3 years.

Discussion: In general surgery, with removal of the suture ends the treatment of patients. While in orthopedics after removing them starts the process of their functional rehabilitation. The ultimate goal of the rehabilitation, is the elimination of contractures flektoro-abduktore or other types, the increasment of the movements volume (ROM), the improvement of the muscle's tone, and stretching of the shorten muscle's fibers, improving postures and physical comfort.

Conclusion: Scientific programe, based on anatomic elements, based on the solution of tasks that are raised as the elimination of muscular contractures, muscle's tone + 2-3 cm, measuring the of movements volume, the achivement of the physical indpendence are tasks of the physiotherapist.

Ushtrimet e fuqizimit muskular të artikulacionit koksofemoral kanë një rol mjaft të rëndësishëm në rifitimin e rolit që ky artikulacion ka. Rolin e tyre e fillojnë që në shfaqjen e sëmundjes degjenerative që prek këtë artikulacion, vazhdon gjatë ecurisë së saj dhe merr një rol shumë të rëndësishëm mbasi sëmundja e artikulacionit koksofemoral zgjidhet me rrugë kirurgjikale, që do të thote me zëvendësim të vetë këtij artikulacioni. Fillohet gjithnjë me ushtrime fillestare të cilat e rrisin ngarkesën gradulisht.

Qëllimi

Vlerësimi i tonifikimit muskular si një komponent i rëndësishëm në arritjen e qëllimit final të rehabilitimit të artikulacionit koksofemoral.

Materiali dhe metoda

Në studim janë përfshirë 836 të sëmurë me koksartrozë të trajtuar me endoprotezë koksofemorale unilaterale ose bilaterale. Të gjithë këta pacientë janë trajtuar nga Shërbimi i Ortopedi-Traumatologji Kombëtare pranë QSUT nga viti 2007-2010.