

Physiotherapy

The early appointment of physiotherapy exercises for patients undergoing arthroscopic surgery is an extremely important component of general rehabilitation treatment. Physiotherapy exercises can significantly reduce the patient's rehabilitation time.

Physiotherapy exercises contribute to:

increase mobility in the joint; improve general and local blood and lymph circulation; stimulate the process of tissue regeneration; restore coordination of movements and the motor stereotype of preventing complications (stiff joints, muscle atrophy, adhesions, etc.).

Physiotherapy exercises help bring closer the timing of clinical and functional recovery.

At the Center for Arthroscopy and Joint Surgery based on the method of V.I. Dikul developed a program of physical rehabilitation after operations on the joints, including arthroscopic ones.

The recovery program consists of three stages:

Stage 1 begins from the first days after the operation, under the supervision of a physician of physiotherapy, a set of exercises is carried out aimed at reducing edema, lymphostasis, improving blood flow and reducing pain. The muscle groups located below and above the operated joint are being worked out.

Stage 2, the early postoperative period (starting from the moment of suture removal) is aimed at strengthening the periarticular muscles, stimulating the regeneration processes in the area of the operation, preventing adhesions and hypotrophy of the muscles of the operated limb. Depending on the patient's well-being, classes can be carried out with an exercise therapy doctor or on the EASY LINE simulators according to an individual program drawn up by an exercise therapy doctor under the supervision of a physiotherapy physiologist.

Stage 3 begins 3-4 weeks after surgery. At this stage, there is an expansion of the motor regime and an increase in physical activity. For further correction of muscle imbalance, exercises on rehabilitation equipment ISOTONIC (SELECTION) and isometric stretching simulators FLEXABILITY are added to the complex of exercise therapy exercises for the prevention of contractures.

Along with therapeutic exercises, therapeutic massage is of crucial importance during the recovery period. During the rehabilitation period, massage has a bracing effect on the musculo-ligamentous apparatus. Massage increases the tone and elasticity of muscles and ligaments, activates the secretion of synovial fluid, promotes resorption of edema and pathological deposits in the joints.

An integrated approach to rehabilitation after arthroscopic surgery and compliance with the rules of the motor regime guarantees a complete restoration of joint function, the return of freedom of movement and the usual rhythm of life.