



Rehabilitacija pacijenata nakon ugradnje endoproteze kuka

Rehabilitation of Patients after Installation of Hip Endoprosthesis

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Apstrakt

Artroplastika kuka je postupak ugradnje totalne endoproteze kuka čime se implantantima zamenjuju femoralni i acetabularni deo zgloba. Osteoartritis kuka je najčešća indikacija za ugradnju totalne endoproteze kuka. Proces rehabilitacije, nakon ugradnje totalne endoproteze kuka, može se podeliti na preoperativnu i postoperativnu rehabilitaciju. Cilj preoperativne rehabilitacije je omogućiti pacijentu što kvalitetniju podlogu za sprovođenje postoperativne rehabilitacije. Postoperativni rehabilitacioni program osmišljen je s ciljem povratka pune pokretljivosti zgloba kuka nakon ugradnje totalne endoproteze kuka, prevencije vaskularnih i pulmonarnih komplikacija, povratka svakodnevnim aktivnostima i radnom mestu. Terapijske vežbe imaju ključnu ulogu u postoperativnoj rehabilitaciji i obuhvataju vežbe opštih pokreta, snaženja mišića. Takođe su bitne i fizikalne procedure elektroterapija, hidroterapija, magnetoterapija.

Cilj rada je prikazati kako pacijentu omogućiti što kvalitetniju podlogu za sprovođenje postoperativne rehabilitacije.

Edukacija pacijenta je neizostavni deo rehabilitacije. Kompletna rehabilitacija pacijenta je individualna i treba biti prilagođena pacijentu.

Abstract

Hip arthroplasty is the procedure of installing a total hip endoprosthesis, which replaces the femoral and acetabular parts of the joint with implants. Osteoarthritis of the hip is the most common indication for total hip arthroplasty. The rehabilitation process, after the installation of a total hip endoprosthesis, can be divided into preoperative and postoperative rehabilitation. The goal of preoperative rehabilitation is to provide the patient with the best possible basis for the implementation of postoperative rehabilitation. The postoperative rehabilitation program was designed with the aim of returning full mobility of the hip joint after the installation of a total hip endoprosthesis, prevention of vascular and pulmonary complications, and return to daily activities and the workplace. Therapeutic exercises play a key role in postoperative rehabilitation and include exercises for general movements and muscle strengthening. Physical procedures such as electrotherapy, hydrotherapy, and magnetotherapy are also important.

The goal of the paper is to show how to provide the patient with the best possible basis for the implementation of postoperative rehabilitation.

Patient education is an important part of rehabilitation. The complete rehabilitation of the patient is individual and should be adapted to the patient.

