

## **EXPERIMENTAL METHODS FOR KINESITHERAPY AFTER RADIAL HEAD ENDOPROSTHESIS IN SPORTSMEN**

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The objective was to work out and experiment a new method for kinesitherapy after radial head endoprosthesis of sportsmen. During the period 1990-2000 we have followed up 7 sportsmen, actively sporting (acrobatics and sports gymnastics) that had radial head endoprosthesis with annular ligament recovery. When working out the methods we have considered the aetiology, the clinical manifestation, the contracture type (arthrogenic or myogenic), the age of the patient and the motive culture. The kinesitherapy was divided into pre-operative and post-operative period that included immobilisation up to the 25<sup>th</sup> day and post-immobilisation up to the 90<sup>th</sup> day. The joint stability, not the maximal range of movement was recovered during the first period. We applied position therapy, "arthromot" exercises, isotonic and isometric exercises, as well as special analytical exercises for different groups of muscles, post-isometric relaxation and physiotherapy. We obtained very good results in 5 patients as they continued to train actively, and in 2 patients the results were good however they stopped further to participate in sport competitions. On the basis of the main biomechanic and rehabilitation principles we managed to work out a kinesitherapeutic program resulting in recovery of the elbow joint dynamic and static stability with high loading.

