

012. POST-OPERATIVE KINESITHERAPY OF ANTERIOR TALOFIBULAR LIGAMENT

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The objective of the study was to obtain a comparative evaluation of the functional results in patients with distorsio type III, treated operatively and conservatively by adapting the methods of kinesitherapy depending on the type of treatment. We followed-up two groups of 8 patients each with lig. talofibularc anterior lesion and new anterior lateral instability of the ankle joint proven by X-ray, arthrographically and clinically. Group A were treated surgically then the limb was immobilized for 4 weeks. Group B were treated conservatively followed by immobilization for 4-6 weeks. We applied the common methods for overcoming the muscle disbalance simultaneously with analytical exercises for ankle joint stabilizing. The results were reported in three groups - very good, good and satisfactory. We obtained very good results in 75% from Group A and 50% from group B. The applied methods were divided mainly in two periods - immobilization - up to the second month and post-immobilization. The operative recovery of the ankle joint soft tissues anatomic integrity allowed the possibility for early kinesitherapy and shortened the functional recovery period.