

ISSN 1311-3321

РУСЕНСКИ УНИВЕРСИТЕТ „Ангел Кънчев“
UNIVERSITY OF RUSE „Angel Kanchev“

НАУЧНИ ТРУДОВЕ

Том 48, серия 8.1

Здравна промоция и превенция

НАУЧНЫЕ ТРУДЫ

Том 48, серия 8.1

Укрепление здоровья и профилактика

PROCEEDINGS

Volume 48, book 8.1

Health promotion and prevention

Русе
Ruse
2009

Приложение на болково супресаторен мобилизационен стречинг на коляното след артроскопска менисцектомия

Ростислав Костов, Нина Михайлова, Таня Мегова, Любомира Стоянова

The application of pain suppressing mobilisational stretching of the knee, after arthroscopy and meniscectomy : The main problems, going with every injury with following immobilization, are development of soft tissue or/and joint contracture, muscle hypotrophy and disballance.

The forming of the contracture is the main reason for disfunction of the knee, and in long term planning is a precondition for development of late complications. If the extension of the knee is not fully regained, then the locking joint mechanism can not function properly, that leads to excessive and not proper loading of the whole lower limb's kinetic chain, and with the lumbo -pelvic-femoral kinetic chain and the lumbar spine. The full volume of flexion of the knee is with lower significance for the kinesiology.

All of this made us to search proper techniques for adequate effect for regaining of the arthrokinematic of the knee with early and safe application.

We applied and evaluated the methods of pain suppressing mobilisational stretching of the knee offered by N. Popov (2002) in 20 patients undergone knee arthroscopy and meniscectomy. The direct influence to the knee structures gives possibilities to restore their mobility, without excessive stress over the soft tissue extra articular structures, and overloading of the joint cartilage. We organized our work on ambulatory principle in the Clinic for physiotherapy and rehabilitation to VMA-Sofia. To determine the rehabilitation potential of the patients, and to monitor the effectiveness of the applied by us methods, we used standard angle measuring of the knee, controlling of the muscle hypotrophy using centimeter and manual muscle testing for the muscles driving the knee joint.

The obtained results show excellent effect on the short-term, immediate and final recovery of the patients.

Key words: knee, pain suppression, manual therapeutical techniques