

PRINCIPLES OF PHYSICAL THERAPY IN SURGICAL INTERVENTIONS

ПРИНЦИПИ ФІЗИЧНОЇ ТЕРАПІЇ ПРИ ХІРУРГІЧНИХ ВТРУЧАННЯХ

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Abstract. The principles of physical therapy that used during restorative measures for surgical patients are considered.

Key words: recovery measures, surgical diseases, surgical patient, multidisciplinary team.

Анотація. Розглянуто принципи фізичної терапії, що застосовуються під час відновних заходів для хірургічних хворих.

Ключові слова: заходи відновлення, хірургічні захворювання, хірургічний пацієнт, мультидисциплінарна команда.

Introduction. Recently, the number of people who suffer from diseases that require surgical treatment is being increased. This is due to scientific and technological development, hypodynamia, the use of low-quality products, drinking water, alcohol, smoking and other reasons that lead to the development of diseases that are not giving a way to conservative treatment and require surgical interventions. Operative intervention is only the first stage to recovery of the patient, so it is advisable to involve modern methods and means of rehabilitation influence, focusing on a number of physical therapy principles [3; 5].

The aim of the study. To determine and substantiate the principles of physical therapy in rehabilitation treatment of patients with surgical pathology.

Material and methods. It is necessary to follow certain rules when carrying out rehabilitation measures for patients with surgical pathology [4].

The first principle is an early onset. Early introduction is determined by the fact that before and after surgery there are a number of complications (thrombophlebitis, congestion in the lungs, adhesions, bedsores and others). The principle of early onset promotes faster recovery of impaired

functions, prevents the development of social and mental complications.

The second principle is the regularity and duration of active physical therapy. This principle can be provided only by a well-organized process of restorative treatment [2; 3; 5].

The third principle is the phased provision of physical therapy services with the obligatory achievement of the goals of the intervention.

The fourth principle is the complexity of remedial measures. Physical therapy for surgical diseases may include the following tools and methods: therapeutic exercises, positioning, training of motor skills, therapeutic massage, physiotherapy, occupational therapy, diet, balneotherapy and others [1; 4; 5].

The problems of restorative treatment of surgical patients are quite complicated and require joint activities of many specialists in various fields: surgeons, physical therapy and rehabilitation medicine specialists, masseurs, occupational therapists, psychologists, nurses and others. The multidisciplinary team sets goals, develops an individual program of physical therapy, carries out the current observation and carries out of the complex of restorative measures,

determines the need, duration, sequence and efficiency of participation of each specialist in each particular time of the rehabilitation process. The multidisciplinary approach in physical therapy provides mutual assistance of individual team members [1; 3; 5].

The fifth principle is the adequacy and differentiation of physical therapy. While compiling individual programs, the nature of the surgical disease is taken into account, which is directed to the recovery programs and individual features; the effect of physical therapy; prospects for recovery of functions; state of cardiovascular, respiratory, nervous and other systems; age, gender; emotional state of psychological features of a surgical patient, his family and social status. For the appointment of adequate comprehensive differentiated restorative treatment, an adequate combination of means and methods of physical therapy, depending on the nature of injury and violations, a rational combination of agents, taking into account the peculiarities of surgical intervention at all stages of recovery [2; 5].

The sixth principle - the activity of the patient, his family and friends in the process of physical therapy. This principle contributes to the rapid recovery of impaired functions and to a fuller extent. Working with relatives should help ensure that a person in a changing situation associated with a surgical illness can take a worthy place in the family. It is also necessary to adjust the relationship of relatives with the patient, to interest family members in participating in the recovery process. The main task of a physical therapist is the complete informing of family members about the prospects of restoration of the patient and their role in physical therapy [2; 3].

The seventh principle is the need for physical therapy in the team. Passing it with other patients forms at the patient the feeling of a member of the team, morally supports him, eliminates the discomfort associated with the consequences of surgical illness. Good attitude of others promotes rapid recovery.

The eighth principle is the use of methods to control the adequacy of loads and the effectiveness of physical therapy. To

prescribe adequate comprehensive differentiated restorative treatment, it is necessary to properly assess the condition of the surgical patient on a number of parameters that characterize a disease. Medical, functional diagnostics and psychodiagnostics are being used [2; 4].

The ninth principle is the return of the surgical patient to active work. This principle is the main goal of physical therapy - its achievement makes a person morally satisfied, mentally stable, financially independent and active in life [2; 3; 4].

Results. The basic principles of physical therapy in restorative treatment include:

- early onset of conducting motor therapy of operated patients;
- complexity of application of all available and necessary measures;
- individualization of the physical therapy program;
- stage and continuity of restorative treatment;
- social orientation of means and methods of physical therapy;
- use of methods for controlling the adequacy of the load and treatment efficiency;
- return to active work;
- continuation of treatment after returning to public useful work;
- the need for rehabilitation in the team, along with other patients.

The above-described principles are a practical benchmark for drawing specific physical therapy programs.

Conclusions. Physical therapy is an integral part of all surgical disciplines. The physical therapist is a member of a multidisciplinary team that cares for the patient and works with physicians and other professionals. The physical therapist is obliged to adhere to all principles in work with surgical patients.

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