

Exercise therapy

osteoartrosis

Osteoarthritis

**Compensated: less pain, no swelling,
limited distance to walk**

**Decompensated: pain in rest, swelling,
synovialitis, effusion
limited ROM, contractures**





Physiotherapy in osteoarthritis

Compensated

Exercise for condition

Resistance exercise

Muscle balance

ROM

Sensomotor exercise

Physical therapy: magnetotherapy
warm, etc.

Decompensated

- rest, handling

- Isometric exercise

- Exercise with support

- verticalisation, walking aids

- Physical therapy: analgetic drugs

Physiotherapy– phases

Acute : cryotherapy, analgetics, positioning, crutches

Subacute: active exercise, NSA local, limited weightbearing

Chronic: warm, physical therapy, resistance exercise

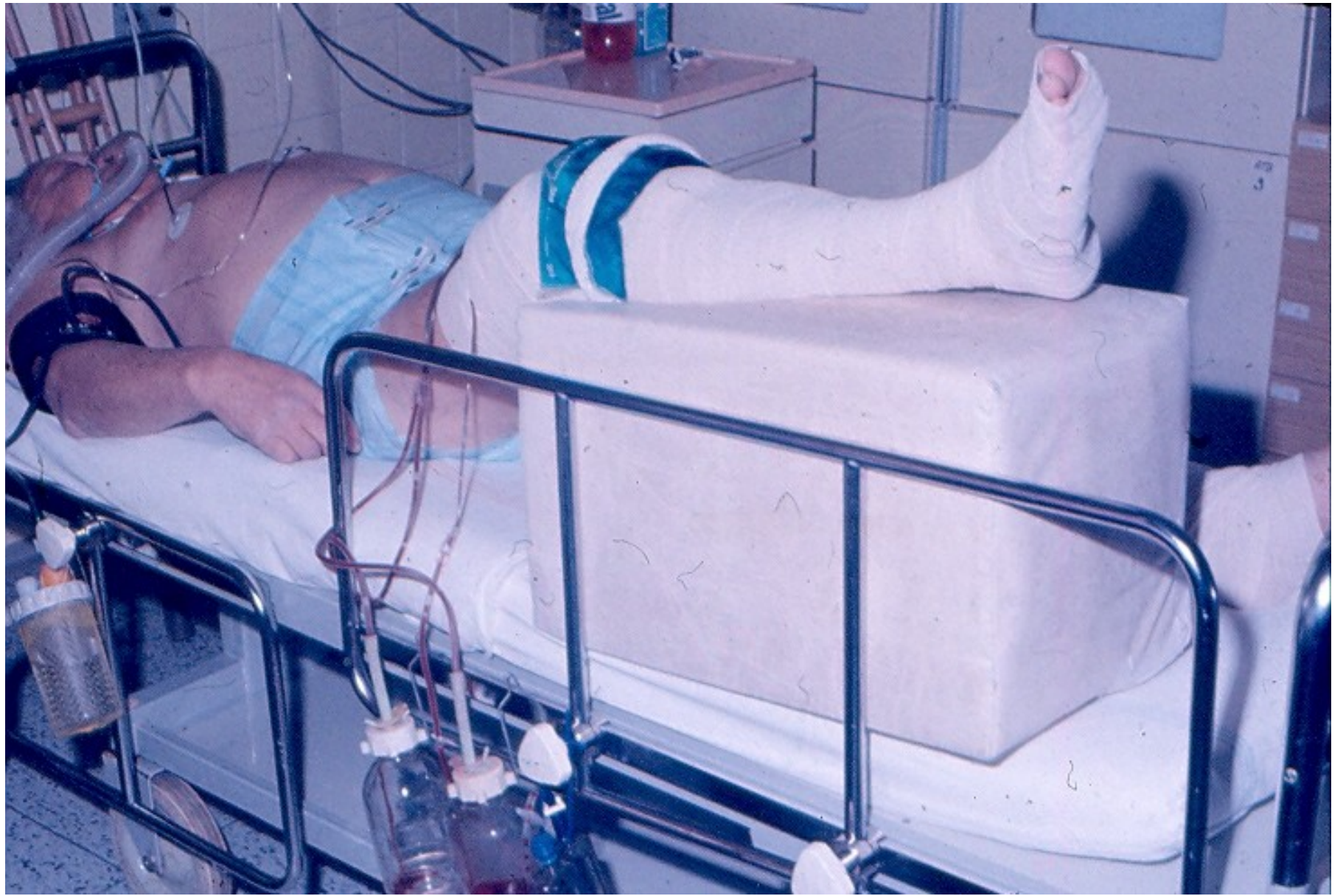
Physiotherapy after operations

Preop.: breathing , start to walk on crutches, , training daily activities

Postop. : in ITU- breathing, vessels exercise, handling.

In hospital : mobilisation, walking with crutches, ROM

Late phase: balneotherapy, regime measurements, recommended exercise





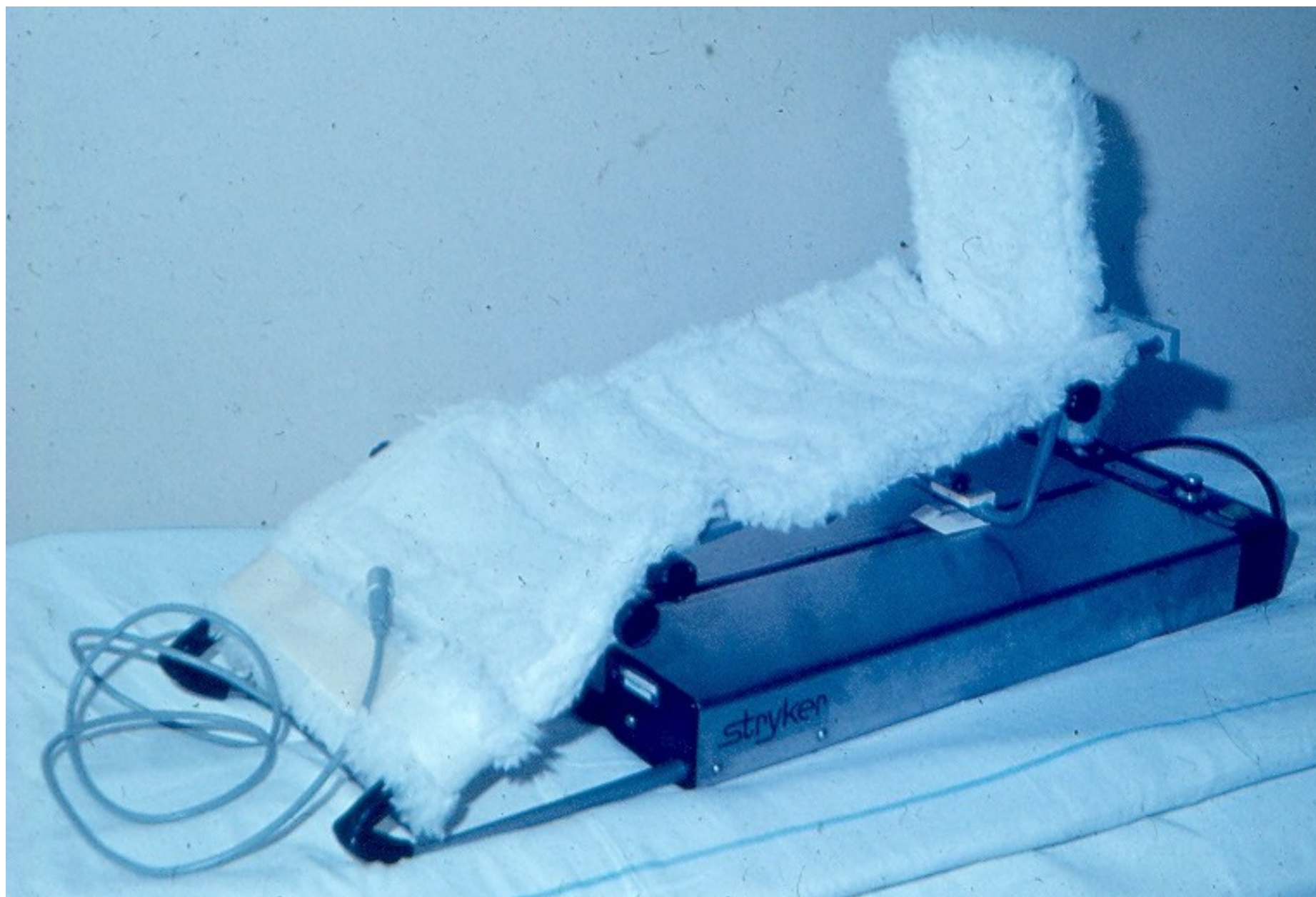














Activities of daily living after THA

Walking aids

Reliable shoes

Rucksack

Sitting on elevated chairs, WC

Measurement against slipping

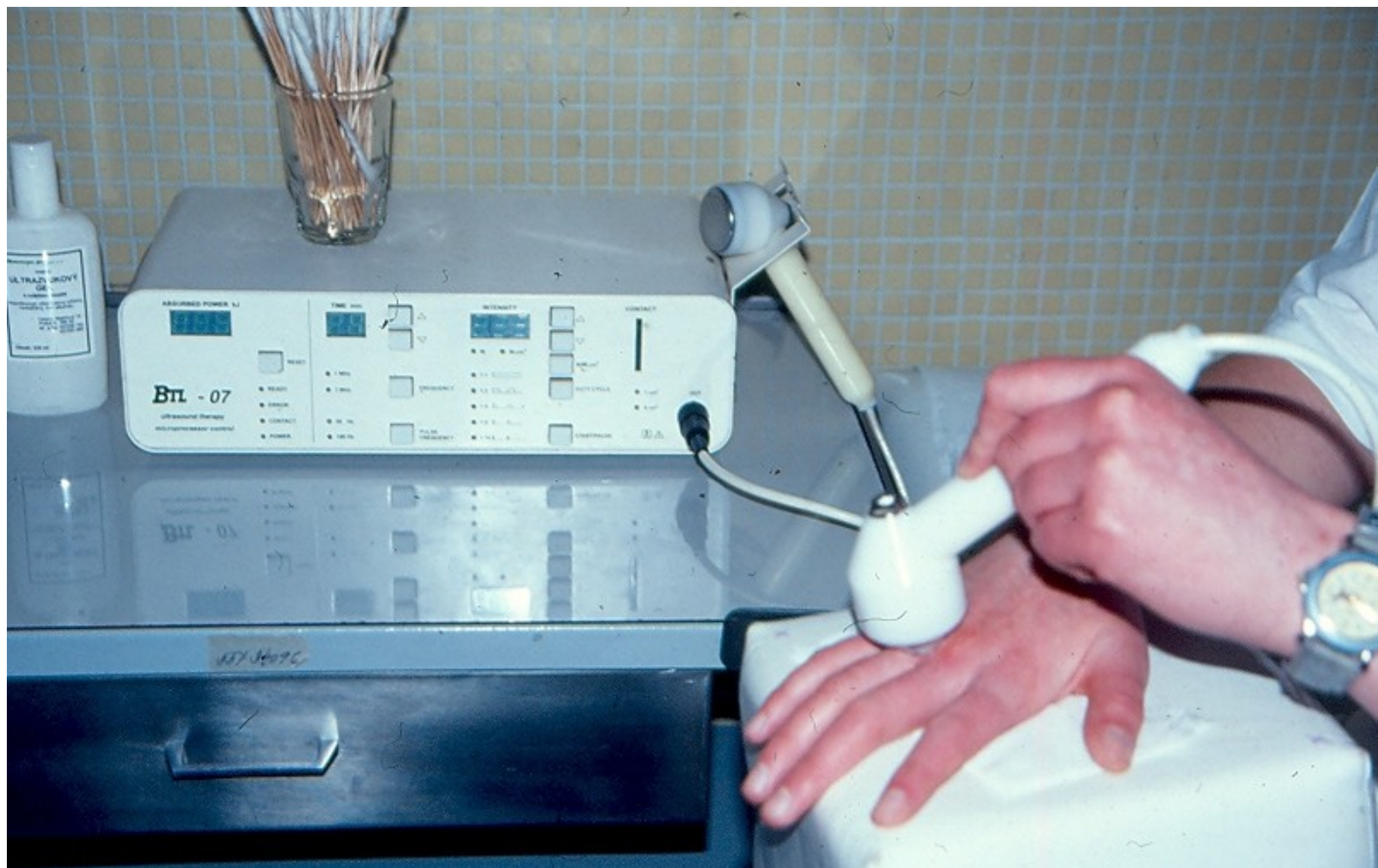
Condition exercise

Peripheral osteoarthritis











Summary

Complex physiotherapy and regime measurement play a great role in osteoarthritis

Stages of osteoarthritis (comp, decomp.) are important in physiotherapy