

Exercise therapy

osteoartrosis

Osteoartrosis

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

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



Effusion in the knee joint



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 items

Physiotherapy– phases

Acute : cryotherapy, analgetics, positioning, crutches

Subacute: active exercise, NSA local, limited weightbearing

Chronic: warm, physical therapy, resistance exercise

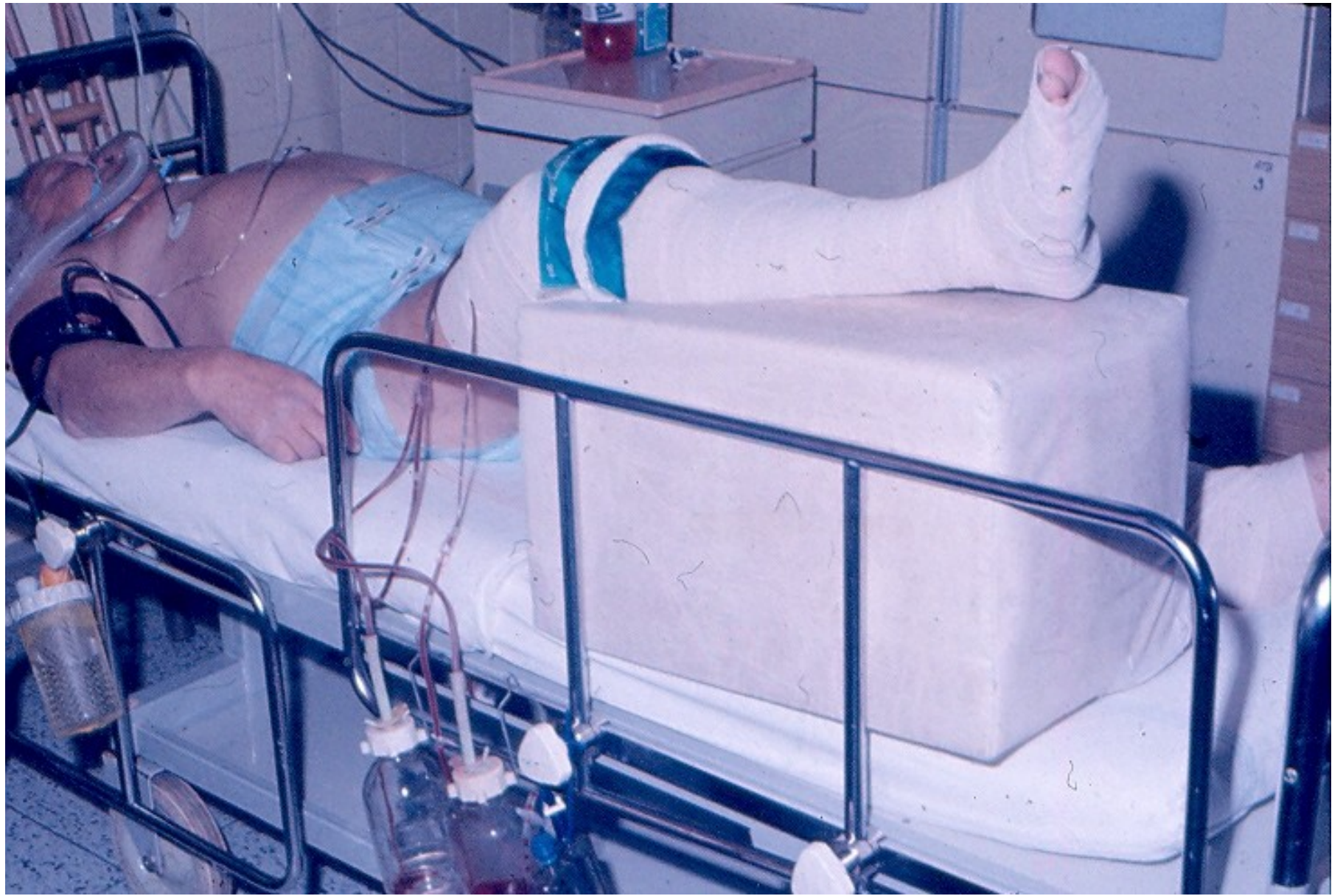
Physiotherapy after operations

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





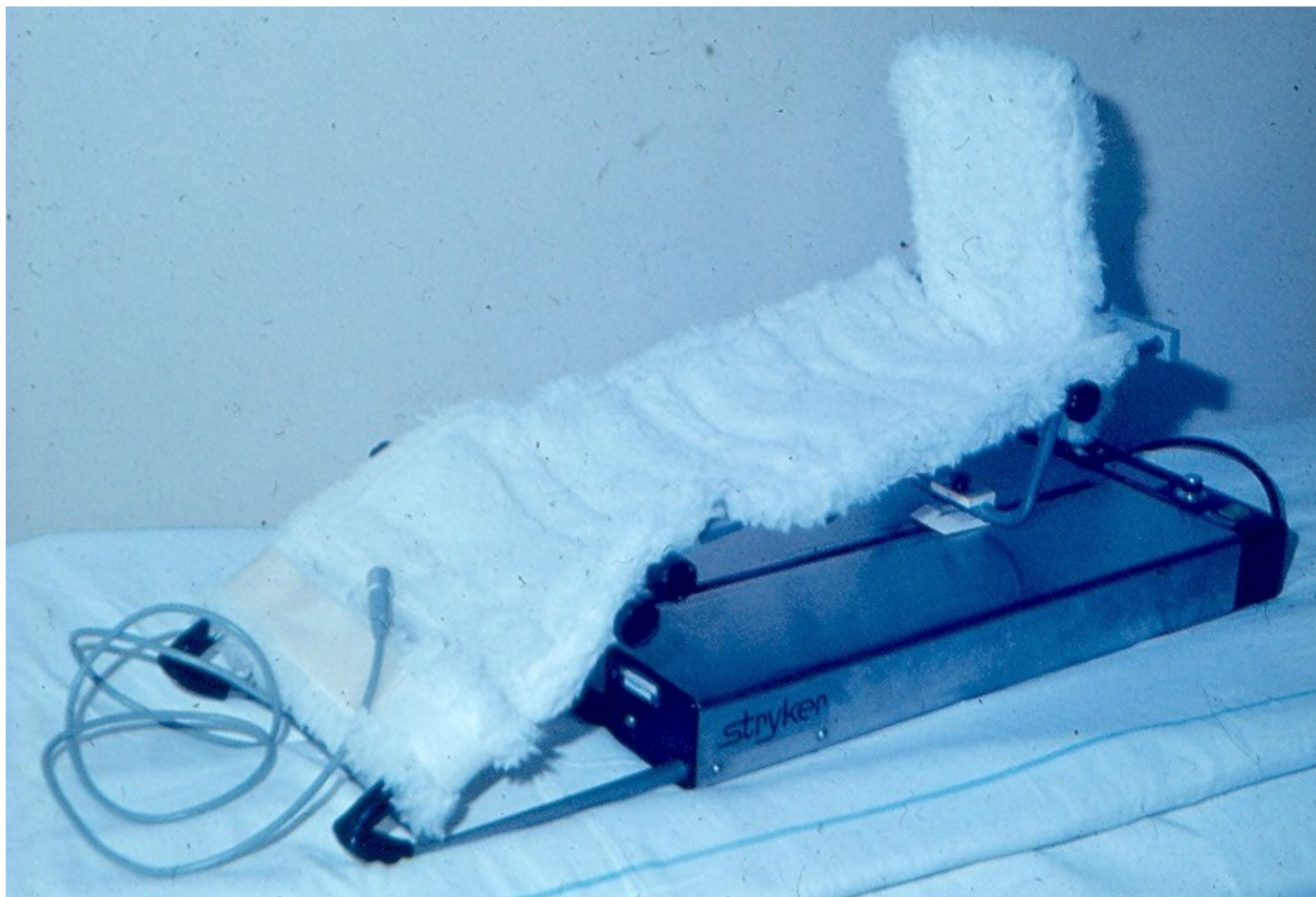














Verticalisation

Activities of daily living after THA

Walking aids

Reliable shoes

Rucksack

Sitting on elevated chairs, WC

Measurement against slipping

Condition exercise

Peripheral osteoarthritis





Warm- parafin





Physical therapy



Laser therapy

Hiltherapy



Summary

Complex physiotherapy and regime measurement play a great role in osteoarthritis

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