

SAŽETAK

Aloartroplastika zgloba koljena uklanja veliki funkcionalni i estetski invaliditet koji stvara degenerativna bolest koljena. Stalni tehnički i tehnološki napredak prati ovu terapijsku metodu.

Rehabilitacija nakon ugradnje endoproteze koljena smatra se završenom kada pacijenta vratimo aktivnostima svakodnevnog života, a ako je mlađa osoba i u njegovu radnu sredinu, zašto je potreban timski rad. Naučni radovi i praksa pokazuju da pravilan hirurški tretman uz timski rad vodi uspješnijoj rehabilitaciji.

U radu su prikazani svi elementi pristupa postoperativnoj rehabilitaciji, koji obuhvataju plan i program rane rehabilitacije, stacionarnu medicinsku rehabilitaciju, koja je strogo individualna i svakodnevno se evaluira sa svim članovima tima.

Akcent je na kineziterapiji, kao centralnoj disciplini u fizikalnoj medicini i rehabilitaciji, ali nisu zapostavljeni ni ostali vidovi fizioterapije.

U završnom dijelu rada dat je osvrt na statistički pregled uzorkovanog broja pacijenata, a prate ga diskusija i zaključci rada.

SUMMARY

Implantation of endoprosthesis of the knee joint removes a functional and cosmetic disability which creates a degenerative disease of the knee. Permanent technical and technological progress follows this therapeutic method.

Rehabilitation after implantation endoprosthesis of knee is considered to be completed when the patient is back to daily life activities, and if it's the younger person to his work environment, which requires teamwork. Scientific publications and practice show that proper surgical treatment with teamwork leads to a more successful rehabilitation.

This paper presents all the elements of access to post-operative rehabilitation, which include plan and program of early rehabilitation, the stationary medical rehabilitation, which is strictly individual and is being evaluated on a daily basis with all team members.

The emphasis is on kinesitherapy, as the central discipline in physical medicine and rehabilitation, but the other forms of physiotherapy are not neglected too.

In the final part of the paper is an overview on statistical review of the sampled number of patients, followed by discussion and conclusions of the work.