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**PHYSICAL REHABILITATION OF PATIENTS**

**IN THE POSTOPERATIVE PERIOD WITH**

**TOTAL HIP ARTHROPLASTY**

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Introduction. Dysplasia of the hip joint is one of the most common joint pathologies not only in Ukraine, but also in the world. This disease is accompanied by constant pain, restriction of movement and, as a result, loss of working capacity. Some forms of the disease require surgical treatment that will not be effective without proper postoperative physical rehabilitation. One of the most frequently performed surgeries for pathology of the hip joints is total hip arthroplasty. In general, rehabilitation after total hip arthroplasty takes 6 months, sometimes more.

Materials and methods. The subject of the research was the articles of the Pubmed and other data online databases, where were described physical rehabilitation of the patients with hip arthroplasty, which included: flexibility and strengthening exercises for low limbs, breathing exercises, passive mechanotherapy.

Results.1. Flexion and extension in the ankle joint has improved blood circulation in the lower limb and prevented thrombophlebitis.

2. Tension of the anterior thigh muscles has stabilised the knee joint in walking.

3. Breathing exercises and exercises on the upper shoulder girdle ensured better oxygenation of the blood, which helped to the healing of tissues.

On the 2nd day after surgery the patients were seated in bed with the legs lowered to the floor, passive mechanotherapy was used on the operated limb.

On day 3, the patients were raised to his feet, walking on crutches without full load on the operated limb (up to 100 meters).

From day 4-5 were done exercises with abduction of the hips.

On the 6-7 days patients left the ward into the corridor.

The first 2 weeks after the operation movement occured on crutches and the transition to walking was allowed gradually.

After being discharged, patients must continue to engage in physiotherapy exercises 3 times a day, 6-12 times each exercise.

Conclusion. Our study showed that early physical rehabilitation of patients who underwent hip arthroplasty in the early and late postoperative periods significantly increased the efficiency of surgical treatment, reduced the risk of postoperative complications, improved hip joint mobility, shortened recovery period.