

THE CHARACTERISTIC OF THE PATIENTS REHABILITATED IN THE IN-PATIENT REHABILITATION UNIT AFTER HIP AND KNEE ARTHROPLASTY

A. Juocevičius^{1,2}, I. Michailovienė^{1,2}, J. Guogiene^{1,2}, V. Kraujeliene², I. Lembergaitė², M. Kundreckas²

¹ Vilnius University, Faculty of Medicine, Rehabilitation, Sports Medicine and Nursing Institute, ² The Center of the Rehabilitation, Physical and Sport Medicine Vilnius University Hospital Santaros Klinikos

Introduction. In accordance with the procedure established by legal - PRM out-patient services are not available in most rural area, rehabilitation is organized as in-patient PRM Programme.

Purpose. Evaluate the epidemiological data and significance for the results of rehabilitation to the functional independence for patients after hip and knee arthroplasty. The patients were rehabilitated in The Center of the Rehabilitation, Physical and Sport Medicine of Vilnius University Hospital Santariskiu Klinikos (VUH SK).

Method. The retrospective data of randomly selected 109 patients after hip and knee arthroplasty was analyzed: the range of motion of operated joint (measured with goniometer), the strength of the muscles performing actions on operated joint (set using the Lovett scale), the rehabilitation indexes (Barthel Index, modified Keithel index), treatments: physiotherapy, physical modalities, occupational therapy, consultations of psychologist, social worker consultations.

Results. The total sample of patients after the arthroplasty consisted of 69,57% female and 30,43% male. The arthroplasty is done for patients of 69,29+/-26,29 years old and male patients are on average younger than female ($p > 0.05$). The main reason for the arthroplasty was primary osteoarthritis, aseptic hip necrosis was the second reason. It is found that during the rehabilitation period the muscle strength of operated joint in motion improved by 1 point. The motion amplitude of the joint reached 90 degrees, which is a sufficient result for the efficient walk and for using the stairs ($p > 0.005$). Bartheli's, modified Keithel index showed that patients after the rehabilitation became independent for moving and self-care, which means that rehabilitation goal was successfully achieved in the rehabilitation institution.

Conclusions. The complex rehabilitation program after the hip or knee arthroplasty helps to improve the general activity and participation of the patients, which was earlier limited due to the osteoarthritis and other joint diseases.