

PHYSIOTHERAPY PROGRAM FOR IMPROVING THE QUALITY OF LIFE IN PATIENTS WITH COXARTHROSES

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Introduction

Coxarthrosis /CA/ not only restricts the functionality of the people, but also affects the psyche of the patient. It is among the most common diseases of modern times, lowering the quality of life of patients.

The aim is to investigate the effect of the application of the manual physiotherapeutic mobilization and myofascial techniques to improve the quality of life in patients with arthrosis.

Material and methods

36 patients with unilateral coxarthrosis (23 women and 13 men) of mean age 61.67, were divided into two groups: experimental (EG) -19 and a control (CG) -17 subjects. Studied are: pain (visual analogue scale -VAS); range of motion of the hip; muscle imbalance; gait; degree of disability (ODI); physical and mental status (SF-8). Treatment program for the two groups include electrotherapy and physical therapy (PT). CG is treated with classic massage and EG - with manipulative massage (MM), myofascial techniques, incl. techniques for trigger points (MFRT) and mobilization with movement on Mulligan (M WM).

Results

Statistically significant at the end of treatment ODI reduced in both groups. The percentage of disability in experimental group decreased by 10.53, and in the control group by 6.76%. The assessment of physical health status in EG increased by 103.05%, reaching $54,74 \pm 4,65$ points at the final examination. For CG the final result is $50,88 \pm 6,09$.

Discussion

Lesser degree of disability and better health status of patients in EG proves the effect of applied manual techniques through which more pronounced reduces pain, improves joint mobility and the functionality of muscles.

Conclusion

The inclusion of manipulative massage, myofascial techniques, massage trigger points and mobilization with movement by Mulligan in treatment program by patients with arthrosis leads to statistically significantly better results and improves the quality of life of respondents.

Keywords: arthrosis, physical therapy, quality of life.