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STAGES OF REHABILITATION AFTER LOWER LIMB AMPUTATION

Amputation – the loss of a body part, unless it is due to trauma (for example, an accident) – is a last resort. Post-amputation care primarily covers three areas: prosthetics, medication, and physical therapy. A person who has had an amputation needs recovery and rehabilitation. The rehabilitation process can vary greatly and depends on the patient's psychological state, their willingness to make efforts, as well as the nature of the injury and the type of prosthesis.

The serviceman and his loved ones should be informed about the types of operations, prosthetic technologies, and rehabilitation methods.

The medical facility should develop a rehabilitation plan that takes into account the patient's needs. In particular, it should include methods of pain relief, identification of locations for all medical care, and the use of assistive devices.

What kind of rehabilitation can be?

- rehabilitation in the traumatology department
- rehabilitation in specialized medical institutions, after surgery
- outpatient rehabilitation
- rehabilitation in an outpatient setting

What should a rehabilitation program include?

- therapeutic and lymphatic drainage massage to reduce swelling of the stump and prepare for primary prosthetics

- physical rehabilitation after amputation to increase mobility in all joints of the limbs, develop stump resistance, develop endurance, muscle and joint sensitivity, balance and coordination of movements

- working with an occupational therapist helps restore lost self-care skills and activities in everyday life and work, at the same time the occupational therapist monitors the provision of sleep and rest for the patient, helps to master the actions necessary for work, study, games and various types of leisure

- psychological rehabilitation.

What are the stages of rehabilitation and tasks after amputation?

Postoperative periods:

1. Early postoperative period (up to 7 days)

Tasks: prevention of stagnation, pneumonia, contractures and atrophy of the stump muscles, reduction of edema, prevention of muscle atrophy.

Therapeutic physical education: general developmental exercises, special exercises, isometric exercises, dosed walking with additional means of movement (crutches, walkers). Physiotherapy procedures: electrophoresis, magnetotherapy, ultrasound Massage: lymphatic drainage massage.

Late postoperative period (from 7 to 21 days)

Tasks: formation of a correct stump, elimination of contractures and mobility in the joint, strengthening of the muscles of the amputated limb.

Physical therapy: general developmental exercises, special, breathing, balance, relaxation, basic physical exercises.

Physiotherapy procedures: inductotherapy, electro- and phonophoresis, electrostimulation of standing and walking on a temporary prosthesis.

Massage: lymphatic drainage and therapeutic massage. Kinesio taping.

Recovery period (3-21 days to 3 months and beyond).

Possibly without a daily rehabilitation program, can be scheduled for several days a week. Objectives: improving overall tone, improving prosthesis control and walking, strengthening muscles.

Physical therapy: general developmental, breathing, balance and coordination exercises.

Physiotherapy procedures: magnetotherapy, ultrasound.

Massage: therapeutic massage. Kinesio taping.

Why massage?

Physiological effect of lymphatic drainage massage:

- improvement of lymph and blood circulation, resolution of hemorrhages and edema;

- improvement of elasticity and strength of ligaments, tendons, mobility in the joint;

- normalization of muscle tone;

- improvement of the patient's psychoemotional state;

- stimulation of the functional capacity of the central nervous system;

- stimulation of regenerative processes.

In the case of amputated limbs, motor training is recommended to adapt the body, which has undergone changes due to the amputation, to the new state. This physiotherapy should ensure that the rest of the body remains healthy and functional. In the case of lower limb amputation, gait training is performed to train the correct walking pattern with the prosthesis.