



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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PROGRAM

Complex rehabilitation of patients with **COXARTHROSIS AND CONDITIONS AFTER ALLOPLASTIC IMPLANTATION**

Place of implementation - SHR-NC, branch in Ovcha Mogila

The main healing factor is the mineral water which is hyperthermal by its physico-chemical properties – 45 degrees centigrade, moderately mineralized, with chloride, sulfate, sodium-calcium content and light alkaline reaction. It also contains mineral substances: iodine, bromine, fluorine, metaboric acid and potassium.

The Ovcha Mogila division is specialized in the treatment of patients with radiologically proven coxarthrosis and after alloplastic surgery of the hip joints.

This condition affects about 1% of the population - mainly women aged 45 - 50. In 55 to 80% of the cases it appears as a secondary disease on the grounds of existing anomalies and hip joint diseases. The most often primary reasons are the dysplasia and the subluxation of the hip joint. It is clinically manifested by the pain syndrome (most often in the inguinal fold irradiating to the medial portion of the hip, restricted movements, limping, limb shortening, hypotrophy of muscles, seat and thigh. Alloplastic implants are indicated after the third stage of the disease with subsequent complex rehabilitation.

Methods:

- Classical balneotherapy, physical therapy and kinesiotherapy procedures, including exercises for walking with aids (canes, walkers), orthotic correction of a shortened lower limb.

The anticipated results are:

- Eliminated pain
- Extended scope of movement of the affected joints and their functional fitness
- Overcoming the muscular disbalance through relaxation of the shortened and strengthening of the weakened muscles
- After endoprosthetic replacement – adapting the muscle and ligament system to the artificial joint
- Improved quality of life and work capacity





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The recommended course of therapy is 12-15 days twice annually.

Required documentation: Medical report or interim medical report

