

[Efficiency of balance training with stabilizing platform in early postoperative rehabilitation of patients after arthroplasty].

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Abstract

Objective

To evaluate the effectiveness of balance training on stabilizing platform (HUBER360) in early postoperative rehabilitation of patients after total knee arthroplasty.

Material and methods

We examined 60 patients after total knee arthroplasty. Mean age of patients was 69.1 ± 9.8 years, mean postoperative period - 3.6 ± 1.4 days. All patients were divided into 2 groups (main group ($n=30$) and control group ($n=30$)). All patients received a standard course of treatment, including therapeutic exercises, massage of affected lower in electro-static field limb using a drainage technique, magnetotherapy, mechanotherapy of affected limb in passive motor mode (Artromot device). Duration of rehabilitation course in a round-the-clock hospital was 7 days. In the main group, patients additionally received balance-training procedures on the HUBER 360 multiaxial platform in baseline sitting position.

Results

Treatment was followed by positive dynamics in all patients that correlated with significant regression of pain syndrome, edema, improvement of quality of life and 10-meter walk test with external support on crutches. However, additional balance training provided more effective regression of pain, as well as improvement of quality of life and walking after the first procedures.

Conclusion

We can recommend balance training on stabilizing platform for early rehabilitation after total knee arthroplasty.