

ORIGINAL STUDIES

A study regarding the results of a rehabilitation program in patients with traumatic lesions of the hand after surgery

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Abstract

Background. Work-related accidents or domestic traumas of upper extremities have become more frequent in the modern industrial and technological society. Major traumatic lesions need surgery and unfortunately, the recovery period is a very long and strenuous process which can last years, with multiple re-interventions for adhesions, nerve and tendon surgical approaches and rehabilitation programs before and after surgeries.

Aims. To demonstrate with objective tools of assessment and statistics the benefits of the rehabilitation program on the clinical, neurological, functional, socio-professional and psychological status of patients after hand surgery.

Methods. The authors elaborated and followed a prospective study based on 54 cases with surgery for traumatic hand lesions, who followed three series of medical rehabilitation programs consisting of three weeks of daily PRM therapeutic protocol in the Clinic of the National Institute of Physical and Rehabilitation Medicine, between Jan 2011- Aug 2012.

Results. The results confirmed the international epidemiologic data, with a statistically significant improvement of all the local post-surgical conditions, better QoL and FIM scores.

Conclusions. A rehabilitation program proved to be an essential sequence after or between surgeries for traumatic hands, with benefits for the functional independence of patients.

Key words: traumatic lesions, rehabilitation program, hand surgery.