

PHYSIOTHERAPY AFTER SURGERY FOR PROXIMAL FEMUR FRACTURES

DMS Physiotherapy after surgery for proximal femur fractures

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INTRODUCTION

There is no doubt that physiotherapy plays an important role in follow-up treatment after surgery. It is well established in the therapy of surgical and orthopedic patients. Physiotherapy that starts immediately after surgery leads to best results.

I. PRE-SURGICAL:

Often pre-surgical evaluation and instruction by a physiotherapist is not possible, if the surgery is not planned ahead. Young people have accidents in sports or other leisure time activities. The neck of femur also breaks because of recurrent micro trauma. Elderly people often fall and in many cases the neck of femur breaks because of a spontaneous osteoporotic fracture. Apart from the psychological stress of the accident and the strange situation in hospital, in older patients physical strength strongly influences the recovery.

After surgery older people are often confronted with too much, are not flexible, and react apathetically about the new situation. Because of that physiotherapists should counteract the impaired coordination of movement, the diminished abilities of memory and concentration and the decreased strength, coordination and stamina with appropriate and creative exercises.

In order to achieve a good relationship between the therapist and the patient one should avoid expecting too much or too little during therapy. The following 10 points have positive influence to motivate the patient to a good co-operation:

For the treatment:

- 1 Clear instructions
- 2 Keep eye contact
- 3 Patience
- 4 Take enough time
- 5 Simple exercises of short duration
- 6 Exercises in painless range
- 7 Sufficient breaks (watch for breathing, blood pressure and pulse)
- 8 Sufficient repetitions
- 9 Easy program for home exercises
- 10 Exercises for daily routine and occupation

If a pre-surgical evaluation for physiotherapy is possible, some measures which are important after surgery should be pointed out to the patients. It would be ideal to explain and practice the exercises with the patients before surgery.

- 1 Breathing exercises
- 2 Precaution against thrombosis
- 3 Practice walking on forearm crutches (correct length of crutches!)
- 4 General rules how to behave in daily routine (for example resting up legs)
- 5 One-sided bridging (as a pre-exercise for hygiene of the body)

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