



EFFECT OF THERAPEUTIC EXERCISES IN PLEXITIS OF PL.BRACHIALIS

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PURPOSE

To monitor the effect of a comprehensive kinesitherapy approach in patients with plexitis of pl.brachialis.

MATERIAL AND METHODS

The study was conducted with 16 patients (mean age 49.1 ± 6.8 years) with plexitis of pl.brachialis in the subacute stage and stable hemodynamics (blood pressure is below 140/90 mmHg).

The early (10th day) and late (1st month) effect of the application of specialized kinesitherapy in unilateral manifestation of symptoms is evaluated, in which exercises are introduced for:

- Reduction of pain and compensatory spasm;
 - For gradual adaptation of the musculoskeletal system;
 - To normalize muscle imbalance;
 - To stimulate proprio- and exteroceptors;
 - For analytical effect on muscle strength;
 - To improve normal postural mechanisms;
 - For relaxation and body recovery after exercises, through breathing and relaxing exercises.
- Functional examinations are manual muscle test, centimetry and goniometry.

RESULTS

The present study shows that a comprehensive kinesitherapy approach permanently improves functional capabilities of motor recovery in patients with plexitis of pl.brachialis. The results are most pronounced at 1 month of treatment ($p < 0.001$).

CONCLUSION

The improvement is related to the long-term application of the methodology in relation to the modern principles of kinesitherapy and the application of specialized techniques for mobilization of the cervical part and shoulder complex.

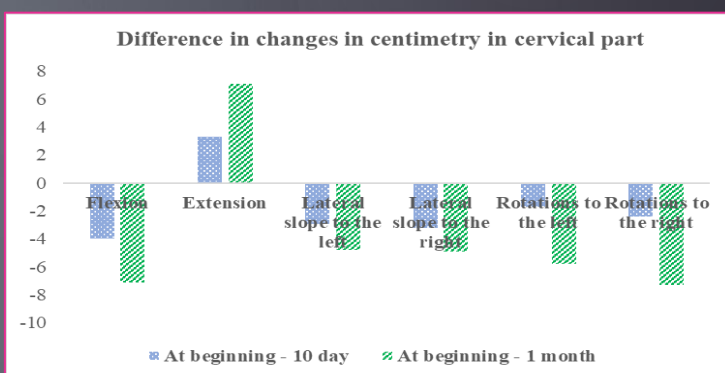


Fig. 2 Graphical representation of differences in changes in centimetry in cervical part

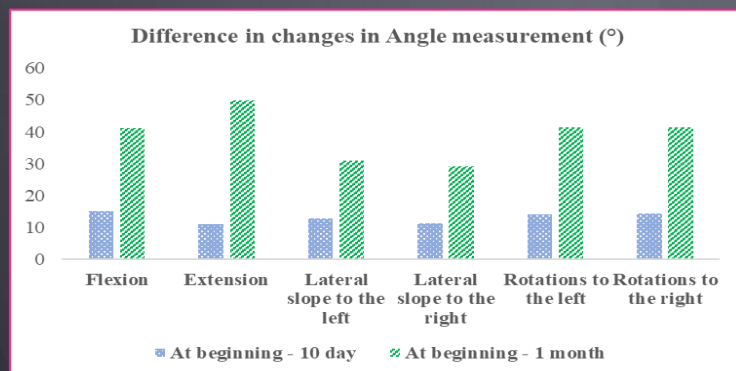


Fig. 1 Graphical representation of differences in changes in Angle measurement (°)

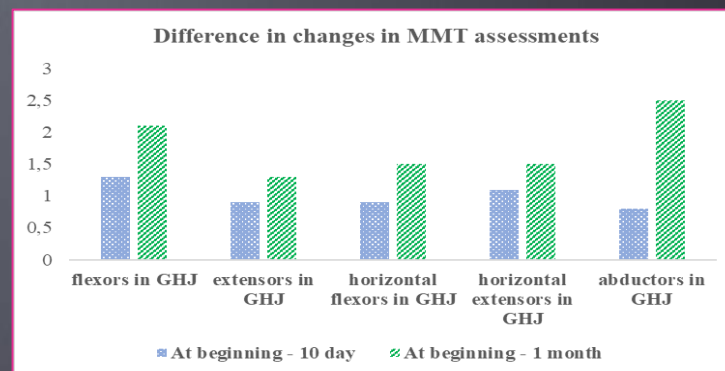


Fig. 3 Graphical representation of differences in changes in MMT assessments

PLEXITIS OF PL.BRACHIALIS

KINESITHERAPY

SUBACUTE STAGE