



DİZ BAĞ YARALANMALARI TEDAVİ VE REHABİLİTASYONU

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ÖN ÇAPRAZ BAĞ REKONSTRÜKSİYONU POSTOPERATİF REHABİLİTASYON PROGRAMI

Ön çapraz bağ (ÖÇB) rekonstrüksiyonu sonrası rehabilitasyonun amacı, yeterli diz fonksiyonu ve fiziksel aktivite seviyesine ulaştırmaktır (1). ÖÇB rekonstrüksiyonu sonrası rehabilitasyon, en az 6 ay sürmekle birlikte hastanın ihtiyacına göre spora dönüş aşamasına kadar devam etmelidir. Rehabilitasyon, cerrahide kullanılan grefte, eşlik eden diğer yaralanmalara ve tamirlere, hastanın yaşına ve fiziksel aktivite seviyesine göre değişiklik göstermektedir (2, 3). Hamstring tendon otogreftinde ve allogreftte rehabilitasyon patellar tendon (kemik-tendon-kemik) otogreftine göre daha kontrollü ve yavaş ilerlemelidir. Bununla birlikte sporcularda rehabilitasyon sedanter bireylere göre daha agresif ilerlemelidir. Ameliyat öncesi rehabilitasyonun ameliyat sonrası dönemdeki fonksiyonel performans üzerine önemli katkısı bulunmaktadır (4). Cerrahi sonrası ekstansiyon kısıtlılığının temel belirleyicisi, cerrahi öncesi mevcut ekstansiyon kısıtlılığıdır. Kuadriseps kas kuvvetinde %20'den fazla kaybın olması cerrahi sonrası diz fonksiyon indeksi değerlerinin düşük olmasına neden olduğu gösterilmiştir (5). Bu nedenle, cerrahi öncesi en az altı haftalık rehabilitasyonla diz fonksiyonlarının normalize edilmesi ve hastanın cerrahiye hazırlanması önemlidir (6). ÖÇB rekonstrüksiyonu sonrası patellar tendon greftinin tünel içine

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