

AYAK BİLEĞİ KIRIKLARINDA CERRAHİ SONRASI REHABİLİTASYON

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GİRİŞ

Ayak bileği kırıkları en sık görülen alt ekstremitte kırıkları arasındadır ve dünya çapında en sık görülen kırık türleri arasındadır (1). Ayak bileği kırıkları insidansı yüz binde 100 ile 150 (kişi-yıl) arasındadır ve giderek artmaktadır (2, 3). Ayak bileği kırıklarının yarısından fazlası spor aktiviteleri sırasında meydana gelir, bu da sağlıklı bir hasta popülasyonunun göstergesidir (4).

Ayak bilek kırıklarında postoperatif bakım rejimleri büyük ölçüde değişiklik göstermektedir. Birkaç hafta boyunca yük vermeden alçıda immobilizasyondan, cerrahiden hemen sonra korumalı mobilizasyona kadar değişir. Son zamanlarda direkt postoperatif korumasız tolere edilebildiği kadar yük verme de tartışılmaktadır (5). Postoperatif bakım programı ayak bileği ekleminin stabilitesine, dokuların durumuna, kırığın sınıflandırılmasına ve hasta profiline göre uyarlanmaktadır (6).

Ayak bileği kırıklarında cerrahi endikasyonlar için göreceli bir fikir birliği varken, postoperatif yaklaşım açısından farklı görüşler mevcuttur. Yaygın olarak uygulanan standart yöntem postoperatif 6 hafta boyunca ağırlık vermeme ve immobilizasyondur (7).

POSTOPERATİF YÜK VERME

Bazı cerrahlar ayak bileği kırığı cerrahisi sonrası hemen yük verme veya erken koruyucu yük vermeyi savunurken, yakın zamanda yapılan bir araştırma, cerrahların bimalleolar, trimalleolar veya supinasyon-eksternal rotasyon

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