

## **Bölüm 8**

# **TERS TOTAL OMUZ ARTROPLASTİSİ SONRASI REHABİLİTASYON**

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### **GİRİŞ**

Ters total omuz artroplastisi (TTOA) 1975 yılında, rotator manşon artropatisini (RMA) tedavi etmek için geliştirilen bir tekniktir (Flatow ve Harrison, 2011; Grammont, Trouilloud, Laffay ve Deries, 1982). Kullanımı zamanla, masif rotator manşon (RM) yırtıklarını, onarılamaz RM hasarı ile ilişkili olan ya da olmayan kompleks kırıklar ve romatoid artriti de kapsayacak şekilde genişletildi (Caze-neuve ve Cristofari, 2010; Gallinet, Adam, Gasse, Rochet ve Obert, 2013; Wall ve Walch, 2007; Young, Smith, Bacle, Moraga ve Walch, 2011). Ters total omuz artroplastisi aynı zamanda, total omuz artroplastisi (TOA) ve hemiarthroplastisi (HA) revizyonunda, uygulanmaktadır (Kelly, Zhao, Hobgood ve Norris, 2012; Patel, Young, Onyekwelu, Zuckerman ve Kwon, 2012) (Şekil 1). Geleneksel TOA'nın aksine, TTOA' da, omzun top ve yuva anatomisi tersine çevrilir; top yuva konumuna yerleştirilir ve yuva topun konumuna yerleştirilir. Böylece, bir glenosfer ile bir humerosoketin artikülasyonu sağlanır. Total ters omuz artroplastisi, hem kullanımı hem de etki mekanizması açısından, rekonstrüktif omuz cerrahisinde bir devrim yaratmıştır; TTOA endikasyonları arttıkça, kullanımı ve ameliyat sonrası rehabilitasyon ihtiyacı da artmıştır (Zarkadas *vd.*, 2011).

Omuz artroplastisi cerrahisi, omuz biyomekaniği ve eklem hareketini düzeltmek veya değiştirmek için kullanılır. Böylece, ağrıyı azaltmak ve eklem fonksiyonunu arttırmak amaçlanır. Total ters omuz artroplastisi sonrası başarılı bir sonuç elde edilmesi, hastanın ameliyat öncesi durumuna, implant tasarımına, cerrahi beceriye ve tekniğe ve ameliyat sonrası rehabilitasyon sürecine bağlıdır.

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dönme olasılıkları, ameliyat öncesi sedanter yaşam tarzı sürdürenlere göre daha fazladır (Kolling *vd.*, 2018). Çoğunlukla tercih edilen sporlar arasında yüzme, fitness, golf ve tenis yer almaktadır (Kolling *vd.*, 2018; Liu *vd.*, 2017;).

Genel olarak cerrahlar hastalarına, yüzme, bisiklete binme, yoga ve golf gibi temassız, düşük enerjili sporları önermektedir; düşme riski taşıyan temassız, yüksek enerjili sporlara dönüş konusunda farklı görüşler mevcuttur (Golant, Christoforou, Zuckerman ve Kwon, 2012; Healy, Iorio ve Lemos, 2001; Kolling *vd.*, 2018;).

## SONUÇ

Günümüzde, TTOA endikasyonları ve kullanımı artmaktadır. Hasta rehabilite edilirken, omuz eklemi ve çevre yumuşak dokularda meydana gelen anatomik değişiklikler, cerrahiye bağlı omuzda oluşan biyomekanik değişiklikler ve kullanılan cerrahi teknik, dikkate alınmalıdır. Total ters omuz artroplastisini takiben benimsenen farklı rehabilitasyon yaklaşımları, varyasyonları ve elde edilen rehabilitasyon sonuçları hakkında prospektif çalışmalara ihtiyaç duyulmaktadır. Total ters omuz artroplastisi için kullanılan protez bileşenlerinin, cerrahi teknik ve rehabilitasyon protokollerinin gelişmesi, hastaların giderek daha iyi fonksiyonel sonuçlara ulaşmasını sağlayacaktır.

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