

OBEZİTE HASTALARINDA FİZİK TEDAVİ VE REHABİLİTASYON

22. BÖLÜM

Kayra BARUT¹

Giriş

Obezite tüm organlar üzerinde zararlı etkileri olan, engellilik oranının ve sağlık harcamalarının artmasına neden olan küresel bir sağlık problemidir. Azalmış efor toleransı ve respiratuvar kapasite, ağrı ve fonksiyonel bozukluklar, kas gücünde azalma, denge bozukluğu ve düşme riskindeki artma engelliliğe neden olur. Halihazırdaki durum dünyadaki ilgili bütün sağlık çalışanlarının derhal harekete geçmesini gerektirecek ciddiyettedir. Sağlık çalışanları arasında ön planda olan ve morbid obezitenin engelleyici sonuçlarıyla karşı karşıya kalanlar fizik tedavi ve rehabilitasyon uzmanları, fizyoterapistler ve fiziksel aktivite ilgili çalışanlar olmaktadır.

Bununla birlikte obezitenin bireylerin kapasitelerine ve rehabilitasyonun sonuçlarına olan etkileri fizyoterapistler ve fiziksel eğitmenler tarafından sıklıkla ihmal edilmektedir. Normal kilolu hastalar için optimal bakım standartlarına sahip olan rehabilitasyon üniteleri ciddi obezitesi olan hastalar için yapısal, örgütsel ve teknolojik açıdan genellikle yetersiz kalmaktadır. Bu bölümde obezitesi olan hastaya uygun olan güncel fizyoterapi teknikleri, rehabilitasyon protokolleleri ve eğitim yöntemleri ile ilgili bilgilerin verilmesi amaçlanmıştır.

1. Fiziksel Aktivite ve Dayanıklılık

Obezite uzun bir dönem boyunca mevcut olan pozitif enerji dengesinin bir sonucudur, yani gün içerisinde alınan enerji harcanan enerjiden fazladır. İşyerinde ve evde ve hatta dışarıda sedanter aktivitelerin çeşitliliğinde ve miktarında artma,

¹ Fizik Tedavi ve Rehabilitasyonu Uzman Doktor, Aydın Atatürk Devlet Hastanesi, E-mail: kayrabarut@gmail.com

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