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Physiotherapy for leg- amputated patients in the physiotherapy practice

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Learning how to walk with the prosthesis is a very important aspect in therapy. A physiological gait should be trained in varying situations of daily life, so that the patient is able to integrate as good as possible into social life. Depending on the reason for an amputation there exist different restrictions for the amputee which require diagnosis-orientated therapeutical actions. With patients of the mobility grade 1&2 the focus is on walking safely, balance and a physiological gait. With patients of the mobility grade 3&4 the focus is more on complex situations of daily life, outdoor and sports. A detailed diagnosis and gait analysis give information which therapy improves the conditions for a physiological gait. A combination of contracture-prophylaxis, PNF, manual therapy, treatment of scars, facial therapy, strengthening muscles, core stability, drainage of the lymphatic system, handling of the prosthesis as well as treating phantom pain e.g. With mirror therapy. A very important aspect in rehabilitation is interdisciplinary collaboration. An adequately built prosthesis as well as the exchange between the orthopaedic technician and the physiotherapist lead to a better result. We practice this in our prosthetic gait training in groups in our practice and company in Germany with success.

Biography

Simone Pauly is a physiotherapist since 2000 with experiences in hospitals, rehabilitation clinics and private sections. She has been treating amputees since 2005. Since 2017 she is working for Brandes & Diesing in the section of orthopedical mechanics leading the prosthesis gait training section and is part of the TOPS-Team in Hanover which is actually making studies about TOPS and She has published four books as well as many articles in various magazines.

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