

LVIV NATIONAL MEDICAL UNIVERSITY N.A. DANYLO HALYTSKY
Department of Physical Training and Sports Medicine

Approved at the methodical meeting of
the department of Physical training and sports medicine
Head of the department

k.b.s., associate prof. **Knyynets O.B.**
Protocol №1 from 30 of August 2021



GUIDELINES

in the discipline

PHYSICAL REHABILITATION AND SPORTS MEDICINE

for 3th year students

training of specialists of the second (master's) level higher education in the
field of knowledge 22 "Health" specialty 221 "Dentistry" for independent work
in preparation for practical classes

Topic 4 "Physical rehabilitation with purulent inflammatory processes in the
maxillofacial area."

LVIV-2021

Methodical guidelines are made in accordance with the requirements of the curriculum in the discipline "Physical Rehabilitation and Sports Medicine", compiled to train specialists of the second (master's) level of higher education in the field of knowledge 22 "Health" specialty 221 "Dentistry".

According to the curriculum, the study of physical rehabilitation and sports medicine at the medical faculty is carried out in the 3d year of study.

Methodical guidelines prepared by assistant of the department of physical education and sports medicine Marusiak S.V., Candidate of Medical Sciences, associate professor of the department of physical education and sports medicine Leontieva Z.R., assistant of the department of physical education and sports medicine Kozytska O.I.

According to the general wording of the head of the Department of Physical Education and Sports Medicine, Candidate of Biological Sciences, Associate Professor O.B. Kunynets.

Reviewers:

Dutka R.Y., Doctor of Medical Sciences, Professor, Head of the Department of Propaedeutics of Internal Medicine, Danylo Halytskyi Lviv National Medical University

Maglyovany A.V., Doctor of Biological Sciences, Professor of the Department of Physical Education and Sports Medicine, Danylo Halytskyi Lviv National Medical University

Methodical guidelines were discussed and approved at the methodical meeting of the Department of Physical Education and Sports Medicine

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1. Scientific and methodological substantiation of the topic.

The results of numerous studies conducted during recent years, suggest that the frequency of inflammatory processes maxillofacial area has increased significantly. This is due the formation of bacterial microflora resistance to antibiotics, decrease of immune activity of an organism, formation allergic sensitivity and inadequate response in response to the action of different external factors, as well as the spread of infections from periodontal on bone and soft tissue around the jaw. Especially a negative effect on the body make such factors as overcooling, intoxication, fatigue. Inflammatory processes of the maxillofacial area are accompanied different in terms of severity of general and local reactions, violations of the main functions of this site. Means of FR that are used in the treatment of such patients, may not only help to dissolve the inflammatory exudate and prevent it the occurrence of rough scar tissue changes, but also able to increase the general non-specific resistance of an organism, to restore functions, broken due to the inflammatory process. Knowledge of a dentist in this topic will form a motivation, will increase professional responsibility for timeliness, adequacy and systematic appointment of FR patients with odontogenic ones inflammatory processes.

2. Educational goal

2.1. The student should know:

- Clinical and functional justification for appointment means of FR patients with odontogenic inflammatory processes.

2.2. Be able:

- to justify and independently appoint the means of the FR in the composition complex treatment of patients with odontogenic inflammatory pro-themselves;
- describe and demonstrate to the patient special exercises.

2.3. Examine practical skills:

- To know independently what tasks of the FR can be assigned the patient in the first healing period;
- which general problems in the treatment of odontogenic inflammatory processes in the maxillofacial area;

- what means FR can be assigned to the patient in the first medical period;
- about the mechanisms of therapeutic action of the FR and their peculiarities use in the complex treatment of patients with odontogenic inflammatory processes.

3. Tips for the student:

1. Special tasks of the FR

Improvement of blood and lymph circulation in the area of defeat

Acceleration of resorption of inflammatory exudate and hematoma

Improvement of exhaust outflow through drainage

Activation of reparative-regenerative processes

Prevention of the development of coarse scarring scars in the area mucous membrane of the mouth and skin

Prevention of contracture development in temporal- mandibular joint, muscle atrophy

Compensation for violations of the function of chewing, swallowing, speech at the expense of undamaged tissues

Restoration of excited function of mimic and chewing muscles, tongue, volume of movements in the temporomandibular joint

Elimination of violations of chewing, swallowing, facial expressions and speech

2. General tasks of the FR

Prevention of congestive pneumonia, thromboembolic disease complications

Stimulation of the functioning of the blood circulation system, respiratory organs, digestion

Normalization of the patient's emotional state

Restoration of household and professional ability of the patient

3. Means and forms of FR, dosage of physical activity

3.1. The first period - early postoperative - before withdrawal postoperative sutures

Driving mode - bed, wardrobe

Physical exercise in the form of LH; treatment situation (which improves the outflow of inflammatory exudate).

The intensity and duration of the total load depend from the functional state of life support systems

Special exercises for intact muscles (including localization of the inflammatory process) - mimic, chewing, tongue. Everyone practice repeat 5-6 times in a row every 2 hours

General development - for distal and secondary departments

Limbs at slow pace, 5-6 repetitions, alternating with respiratory exercises 1: 1, 2: 1, duration 10-20 min

3.2. The second period - the late postoperative after removing postoperative sutures, at 5-10 days

Driving mode is free

Physical exercises - in the form of medical gymnastics, dosed walking, massage (in the absence of purulent discharge)

Special - Including exercises for muscles involved in pathological process (mimic, chewing, tongue). Each exercise repeat 10-15 times in a row at least 5 times a day

Generally-developing - all (including proximal) extremities, 6-8 repetitions of each exercise, correlation with respiratory exercises - 3: 1, duration of classes - 30-40 minutes. 1-2 times at day

3.3. The third period - restorative - is characterized residual impairment of the functions of the maxillofacial area

Driving mode - sparing, benign, training, training (depending on the functional state energy-supplying systems of the body)

Physical exercises in the form of medical gymnastics, dosed walking, mechanotherapy, massage

Special - for all muscles, including exercises for chewing muscles, performing with the patient's hand with resistance

Methodist

Evolving - with maximum amplitude, in medium and fast pace, number of repetitions 8-12 times, ratio with respiratory exercises -4: 1, duration - 30-45 minutes 1-2 times a day

Tempering

4. Control issues:

1. Name the special tasks of FR in the treatment of odontogenic inflammatory processes in the maxillofacial area.
2. What is the associated trophic mechanism of action of the FR?
3. What tasks can be solved if you improve local blood flow?
4. At what time after the operation, you can appoint the means of the FR a patient with odontogenic inflammatory processes in the maxillo- facial area?
5. What means FR can be assigned to the patient in the first treatment period?
6. What forms of FR can be assigned to the patient in the second medical period for solving special problems?
7. Why to study mechanotherapy in the third treatment period it is necessary to add physical exercises to restore the movements of the lower one jaw?

5. Literature:

5.1. Basic:

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5.2. Additional

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