



UNIVERSITY OF PÉCS
MEDICAL SCHOOL

Orthopaedic physiotherapy Manualtherapy

Dorottya Szabó
Pécs University Medical School
Sportmedicine Center

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Methods of therapies

Surgical solutions

- Endoprosthesis
- Axis corrections
- Cartilage replacement, meniscus
- Tendon/ligament suture
- Impingement
- Spine surgery



postoperative therapy

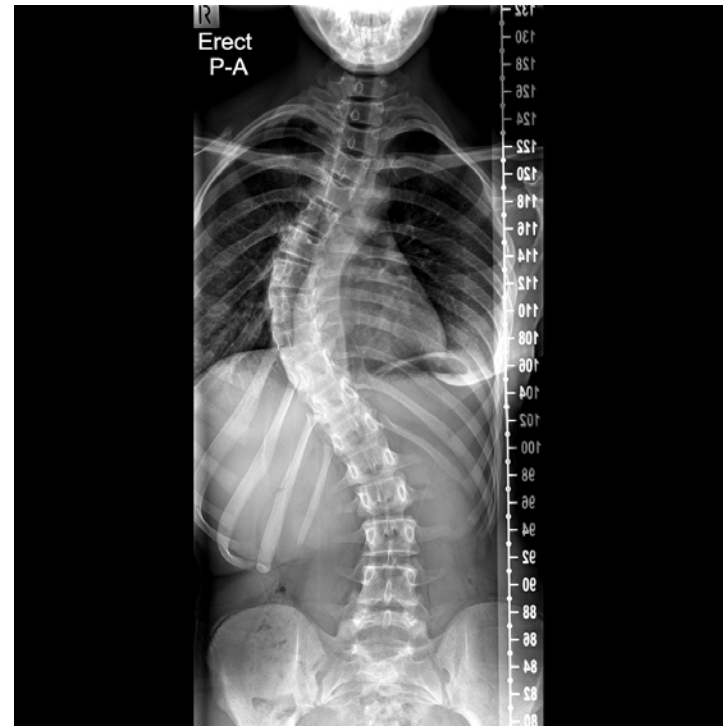
Conservative solutions - physiotherapy

- Exercise therapy
- Manualtherapy
- Physiotherapy
- Technical rehab

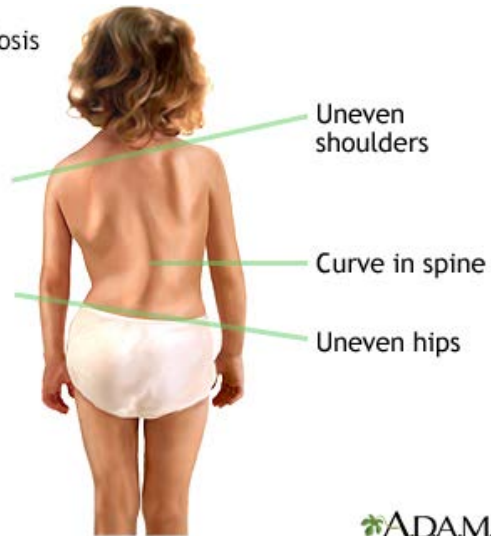
Scoliosis

Abnormal 3D curvatures of spine (frontal, sagittal, axial)

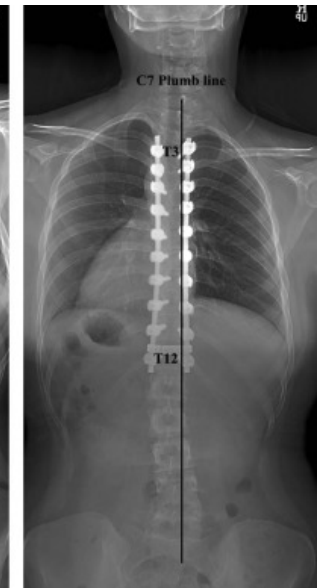
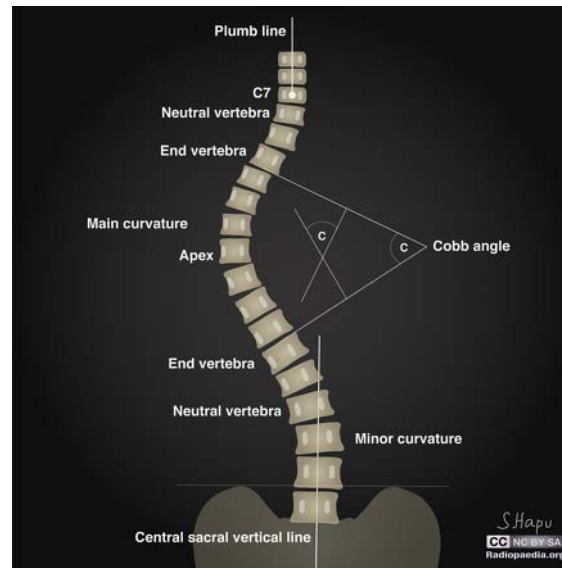
- Structural or functional
- Childhood/adolescence ages
- Prevalence 0,47-5,2 %
- Prevalence and curve severity are higher for girls
- Characterised by Cobb angles



Signs of scoliosis



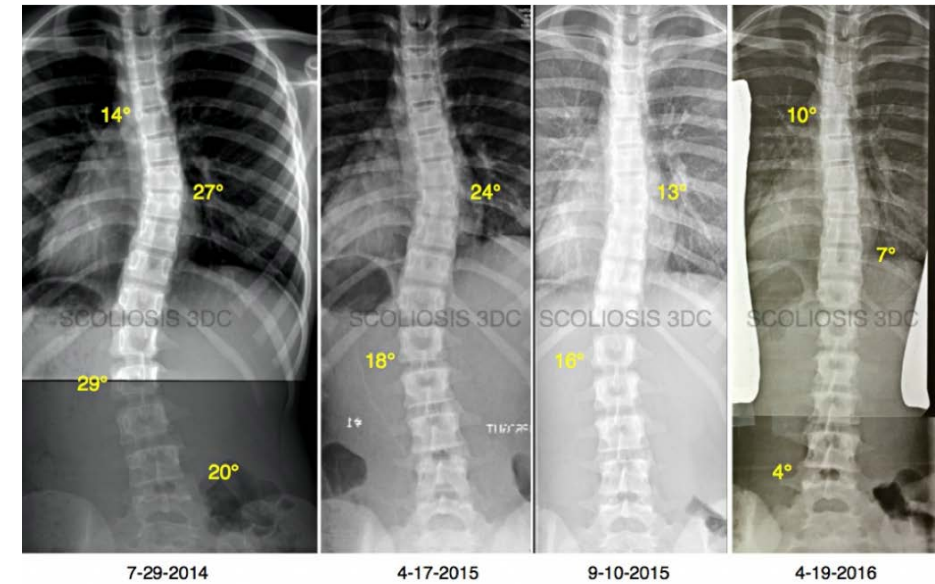
ADAM.



Orthopaedic physiotherapy

Scoliosis physiotherapy

corset



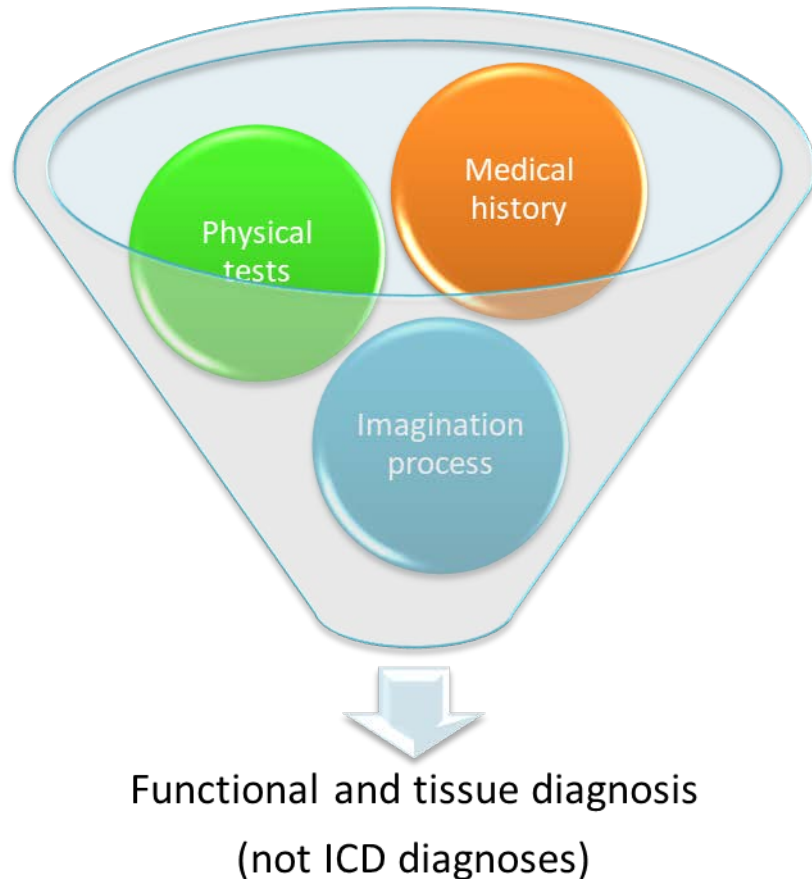
Physiotherapy – complementary therapy

- Electrotherapy
- Ultrasound
- Shock wave therapy
- Laser
- Kinesiotape
- Cupping



Manual therapy

Collective term, diagnostic and therapeutic techniques which deal with examination and treatment of the **reversible** disabilities of the musculoskeletal system.



Contraindications:

- acute inflammation
- destructive lesions
- severe osteoporosis
- severe degenerative deformity
- vertebrobasilar insufficiency
- ankylosis in joints
- traumatic lesions
- psychotic difficulties



Manual therapy

1. Soft tissue technic
 - works on fascia, muscles, nerves, etc.
 - for examples Terrier, anatomy trains, Typaldos methods
2. Joint mobilization (osteopathy)
 - works on joints
 - slow, consistent movement in special position
3. Joint manipulation (osteopathy)
 - works on joints
 - one sudden, fast movement





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Thank you for attention!