

Rehabilitation protocol and objective evaluation TS scoring system after musculoskeletal injuries

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The musculoskeletal injuries are very common reason for prolonged rehabilitation and re-injury rate is very high. Successful treatment depends on injury classification according to different criteria, proper diagnosis and treatment possibilities: NSAIDS, Fibrinolytic enzymes, Orthokine - Autologous Conditioned Serum, and physical therapy until returning to sport.

We created special protocol of rehabilitation to show different period of treatment from 1st day until returning to sport activities through 4 phases. Orthokine is successfully used from second to fourth phase. Our objective evaluation upon 45 days consists of isokinetic testing, isometric testing, balance test, test of proprioception and coordination, gait test and other on indication.

It results in Terme Selce Score which consists of ROM measures, following of the swelling, determination of stability, stage of denivelation, pain level during palpation of the injured area, and during physical activity gait. Every segment of scoring is graduated: 0-4 poor, 5-9 average, 10-14 good and 15-20 excellent.

Terme Selce score gives us objective information about progress of our rehabilitation process.

Orthokine has positive influence on treatment of muscle injuries, especially when we start in mild grade of strain of muscle injury:

- a.** reduce tissue effusion, joint heating, pain, hematoma, scar tissue;
- b.** improves ROM, gait, muscular trophic, muscular strength, stability,
- c.** reduce time of rehabilitation; contribute to faster return to sport.