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The simplest definition of medical rehabilitation says rehabilitation is helping people who are not quite physically fit in their recovery. In reality rehabilitation is a wide field that combines knowledge of medicine, technology and even social mechanisms. Rehabilitation of the locomotor system is a part of rehabilitation in general. It helps people who have problems with their locomotor system in their recovery. This is why a good physiotherapist is hard to find, as they play a significant role in patients' recovery, under the condition that the patient takes an active part in the process.

No orthopaedic treatment can exist without rehabilitation, as it:

- is essential to decide whether the procedure is necessary,
- prepares the patient for the procedure and thus helps to go through the perioperative stage,
- is necessary for the patient to regain proper muscle-tendon-fascial balance after the procedure,
- brings back normal functioning of the organism which was changed when the organism accommodated itself to function without the injured element,
- helps to believe that the repaired element is as good as new and is able to take up the function in every day life and sport activities,
- secures the organism against another injury,
- reduces the chances of primary injuries occurrence because of learning how to correctly use the organism.

Modern rehabilitation could not exist without understanding that our body is a unity, that we can't treat and rehabilitate the joint in isolation. Only combination of regional physiotherapy with exercises of proper posture, muscle balance or correct functional positioning of the limbs gives us confidence that the injury won't occur or recur.

In the world today medical rehabilitation is called physiotherapy, because it uses physical stimulants that influence tissues and organs. They include: proper exercises and physical agents: heat, cold, magnetic field, sound wave, massages and the so-called mobilizations. Their usage reduces harmful inflammatory stages, function limitations or immobilizations. Also we may influence the compensation processes; we can make the organism change or make up for the limitation caused by the illness. For example lack of knee extension leads to reflective foot flexion and walking on toes with partial redistribution of the body weight onto the other limb.

Physiotherapy can be done when there're motion disturbances that affect the function, eg. overloading to the patello femoral joint, muscle tear or functional posture disturbances. It aims at avoiding further tissue overload and damage which might lead to a surgical procedure. If the surgery is indispensable, rehabilitation has a great influence on quick recovery through rebuilding the functions of operated tissues.

In Artromedical the Patient is the aim of therapy, he/she isn't the "rehabilitated object". Our team treat every Patient individually and choose the best therapeutic method, so that the patients could recover fast and effectively. We constantly improve our abilities and we do it especially for you.

Recovery