

**ELECTRONIC GUIDE TO THESES APPROVED BY  
PHYSICAL THERAPY DEPARTMENT FOR MUSCULOSKELETAL  
DISORDER AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

**Physical Therapy Department for Musculoskeletal  
Disorder and Its Surgery**

**Master Degree  
1979**

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<b>Title</b>	:	Degenerative changes of the articular surface of the human femoral condyles.
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<b>Abstract</b>	:	

Total hip replacement has recently been added to the armament of the physical therapist in his search for rehabilitation . This essay presents the different opinions of different authors in the pre and post-operative physical therapy management of the patient with such operation . Stability , movement , the biomechanics of the normal hip joint and normal gait are briefly discussed . Four types of total hip prosthesis which are the most commonly used are represented namely McKee-Farrar , Ring , Charnley , and the Charnley Muller . Surgical indication and contraindication are briefly reviewed . The physical rehabilitation is discussed on basis of main goals in both pre and post-operative phases . The main goals of pre-operative phase are : 1. Establishing a baseline of physical functioning by testing ambulation , transfer ability , range of motion , and strength . 2. Orienting the patients to their role during the post-operative phase of care . 3. Instructing the patient about exercises , transfer , and ambulation techniques . 4. Consulting with the family and recommends various devices which are indicated during the initial three post-operative months . The main goals of post operative phase are : 1. To control factors which may contribute to thromboembolic disease . 2. To instruct the patient in avoiding possible positions of dislocation during recumbency in bed . 3. To convert passive range of motion gained by surgery to active functional range of motion . 4. To eliminate a pathologic gait pattern . 5. To avoid possibility of late dislocation . 6. To plan a program for the patient to be actively independent in activities of daily living . Finally a suggested post-operative physiotherapeutic program is presented to be applied in the physical rehabilitation of such operations .

<b>Key words</b>	1. Hip Joint. 2. Dislocation. 3. Total hip replacement. 4. Joints. 5. rehabilitation
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