

ESF projekt UP.03.3.1.04.0020

## REGIONALNI CENTAR KOMPETENTNOSTI MLINARSKA

### UTJECAJ TERMOMINERALNE VODE NA SMANJENJE DEFORMACIJA KRALJEŽNICE KOD DJECE ŠKOLSKOG UZRASTA

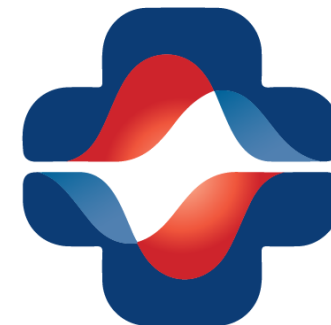
### PROGRAM STRUČNOG USAVRŠAVANJA ZDRAVSTVENIH DJELATNIKA

#### *Prevenција i liječenje skolioza*

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Marko Babić

Srednja škola Topusko



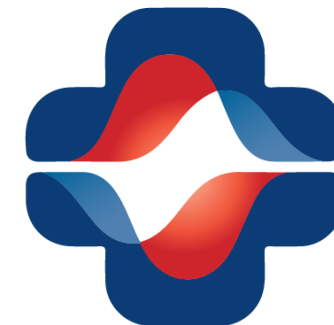
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Projekt je sufinancirala Europska unija iz Europskog socijalnog fonda.

# 1. Prevensija

- Programi ranog primjećivanja deformiteta
- Kontinuirano praćenje → česte kontrole
- Izbjegavanje teškog tereta na leđa
- Sportske aktivnosti → jačanje leđne muskulature



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## ADAM'S FORWARD BEND TEST

Typically used by schools that continue to screen students for scoliosis, your children bend forward at the waist while a doctor or school nurse looks for a bulge in the rib cage on one side.



**NO BULGE**



**BULGE**

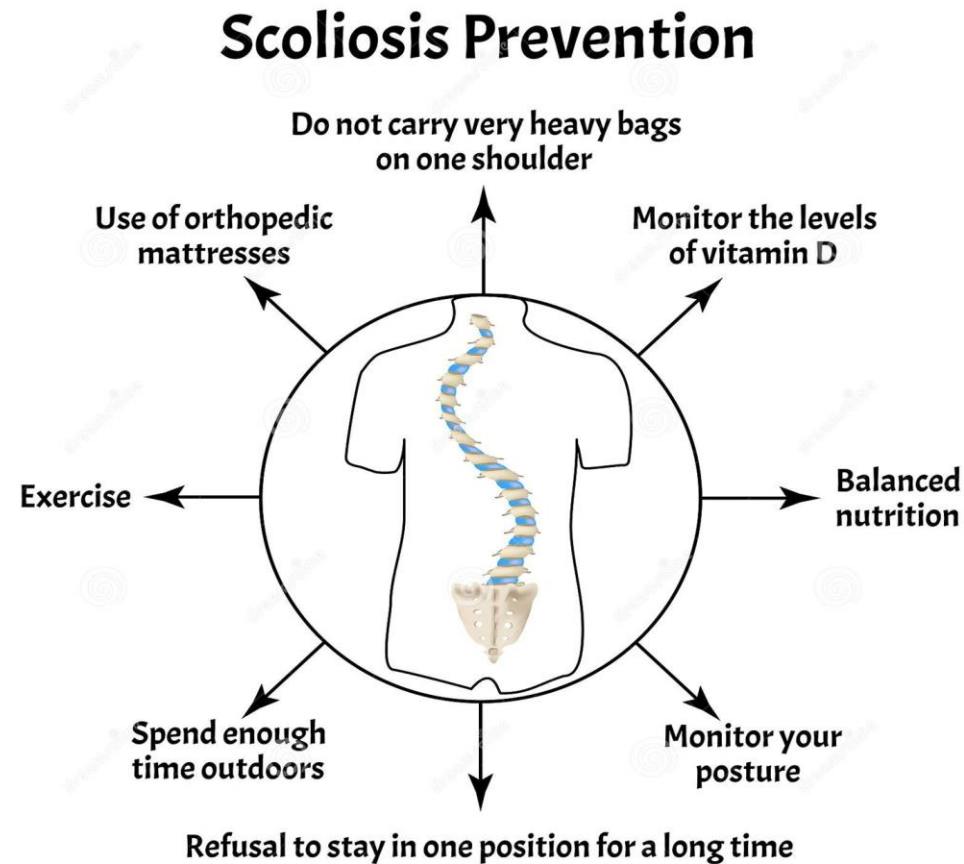


Although this can detect potential problems, it cannot accurately determine type or severity. Bulging isn't usually obvious until the spinal curve is moderately advanced (near 30 degrees).  
**That's too late!**

# 1. Prevenirca (2)

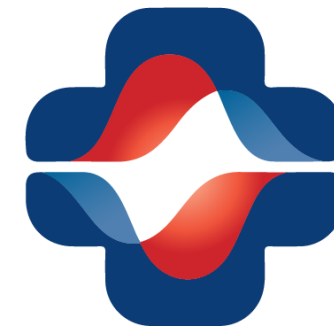


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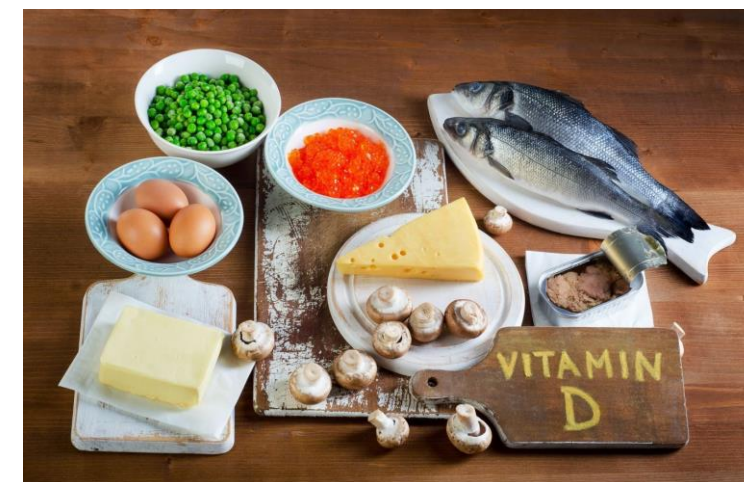


# 1.1. Vitamin D

- Stvara ga koža korištenjem ultraljubičastih zraka sunca
- ( $D_2$  ->ergokalciferol)
- Efikasnije ga apsorbiraju malđe osobe i one svijetle puti
- Vitamin D preko hrane dobivamo iz ribe, mlijeka i mliječnih
- proizvoda te iznutrica (  $D_3$  → kolekalciferol)

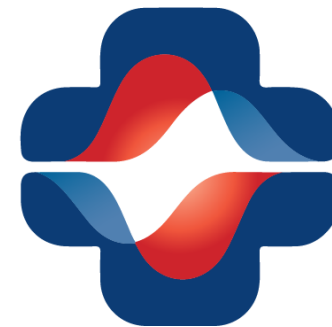


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## 2. Liječenje

- Pravilo trostrukog „O“
- Za deformitete manje od 20° preporuča se:
  - Kontrinuirano praćenje,
  - Jačanje paravertebralne muskulature,
  - Sportske aktivnosti, naročito plivanje

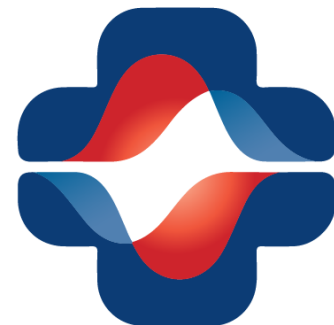


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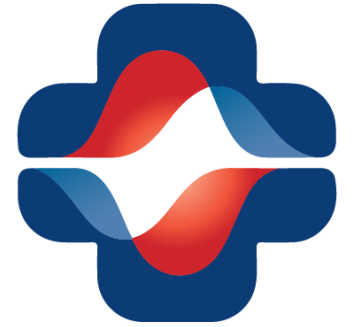
## 2.1. Kineziterapija

- Prikazani set vježbi je za **lijevostranu torakalnu skoliozu**
- Ciljevi su :
  - Jačanje paravertebralne muskulature lijeve strane
  - Istezanje suprotne strane
  - Povećanje mobilnosti kralježnice



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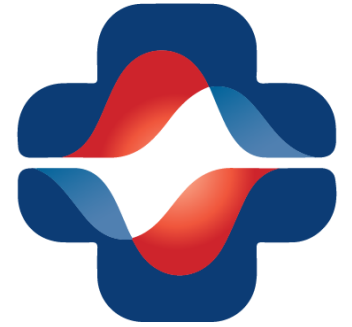
## 2.1. Kineziterapija (2)



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## 2.1. Kineziterapija (3)



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## 2.1. Kineziterapija (4)



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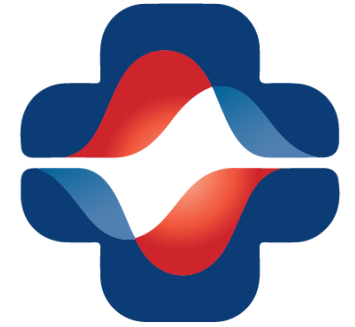
## 2.1. Kineziterapija (5)



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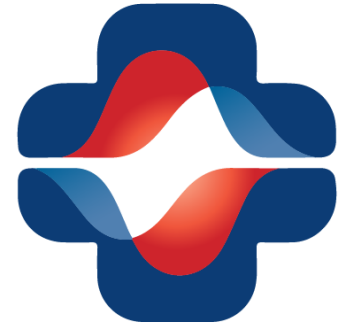


## 2.1. Kineziterapija (6)



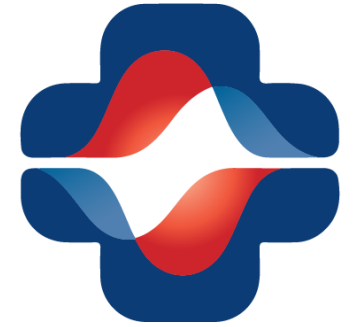
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## 2.1. Kineziterapija (7)



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## 2.1. Kineziterapija (8)



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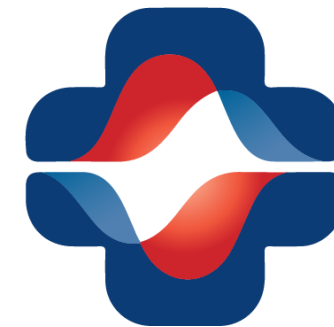
## 2.2. Ortoze

- Koriste se u slučaju većeg deformiteta (  $30^{\circ}$ - $40^{\circ}$ )
- Kineziterapija radi sprječavanja atrofije
- Zadaće ortoza:
  - Zaustaviti povećanje deformiteta
  - Estetsko poboljšanje



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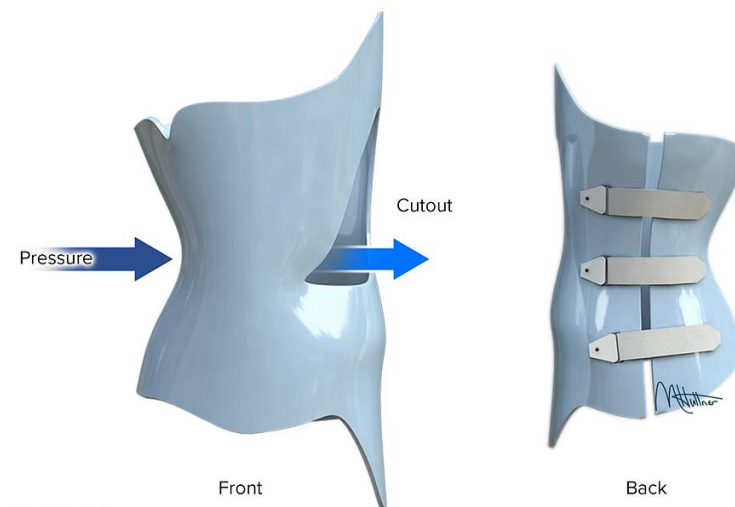
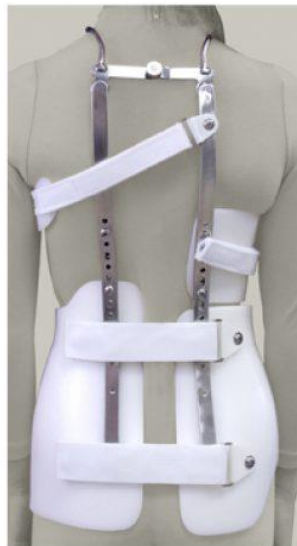
## 2.2. Ortoze (2)



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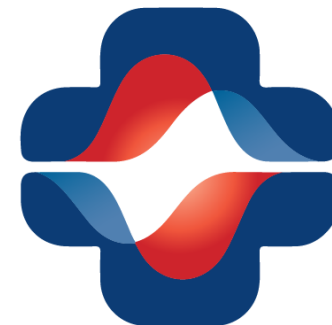
Milwaukee ortoza



VERITAS health

Boston ortoza- lateralni pritisak

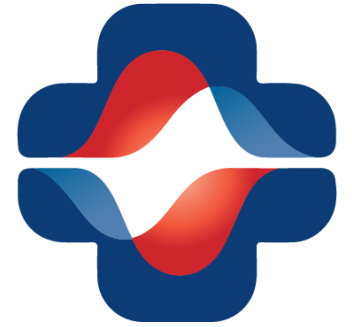
## 2.3. Konzervativno liječenje



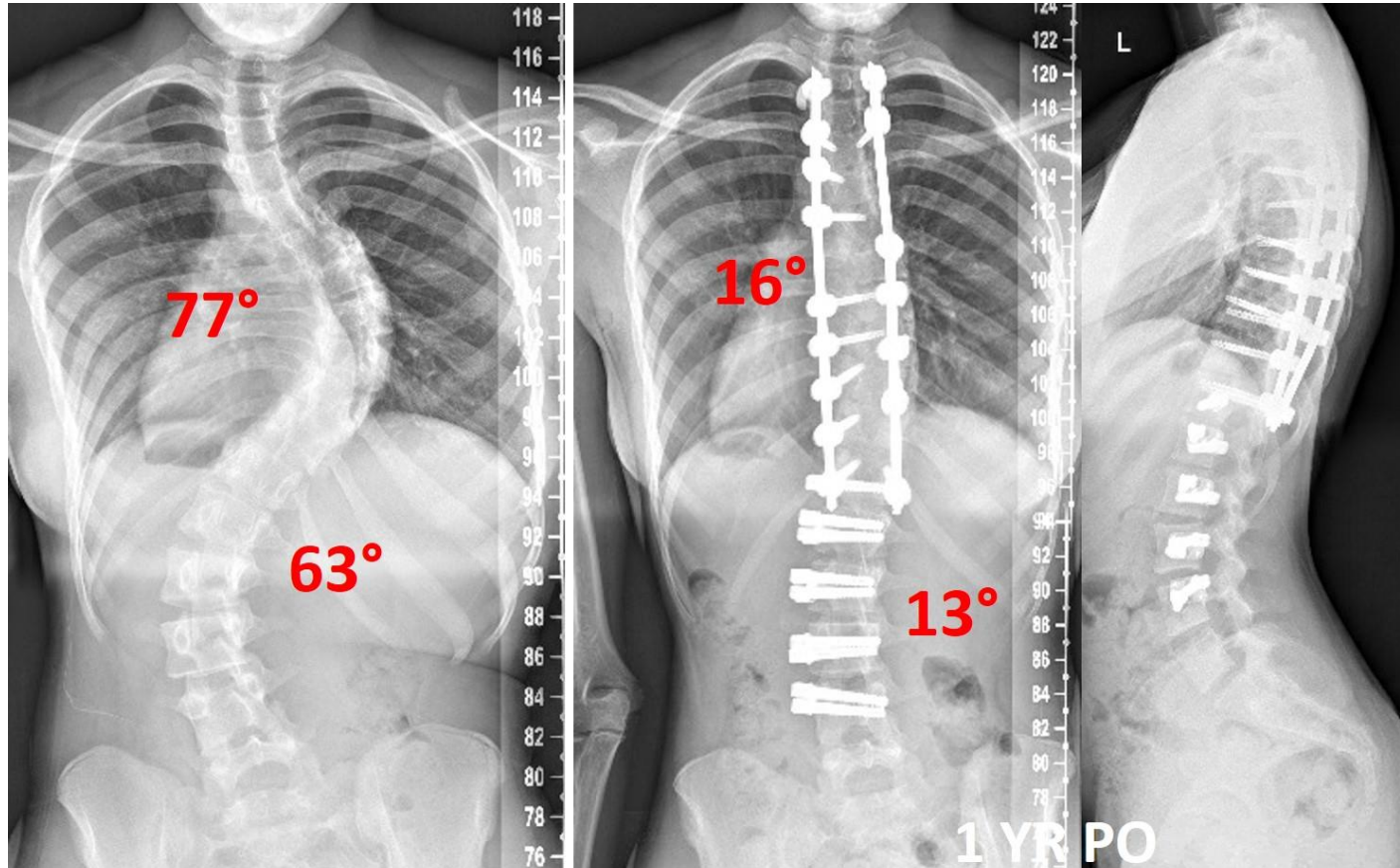
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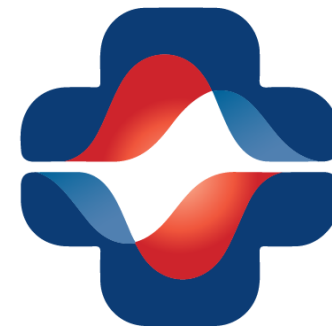
## 2.4. Operativno liječenje



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## 2.4. Operativno liječenje (2)



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# 3. Literatura

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- 2) Kosinac Z., Kineziterapija sustava za kretanje, Udruga za šport i rekreaciju djece i mladeži grada Splita, Split 2002.
- 3) [https://www.physio-  
pedia.com/index.php?title=Thoracic Hyperkyphosis&redirect=no%3Futm\\_source%3Dphysiopedia&utm\\_medium=search&utm\\_campaign=ongoing\\_internal](https://www.physio-<br/>pedia.com/index.php?title=Thoracic_Hyperkyphosis&redirect=no%3Futm_source%3Dphysiopedia&utm_medium=search&utm_campaign=ongoing_internal), pristupljeno 19. lipnja 2022.
- 4) Ivo Jajić, Zrinka Jajić i suradnici, Fizikalna i rehabilitacijska medicina, Medicinska naklada, Zagreb 2008.



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