

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 NASTAVNIKA

Skolioze

Ivan Vrbić

Srednja škola Topusko



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Europska unija
"Zajedno do fondova EU"



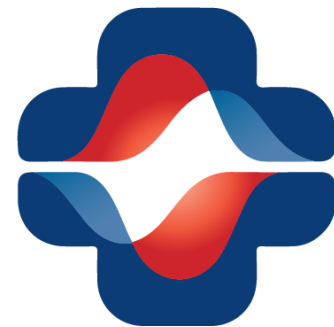
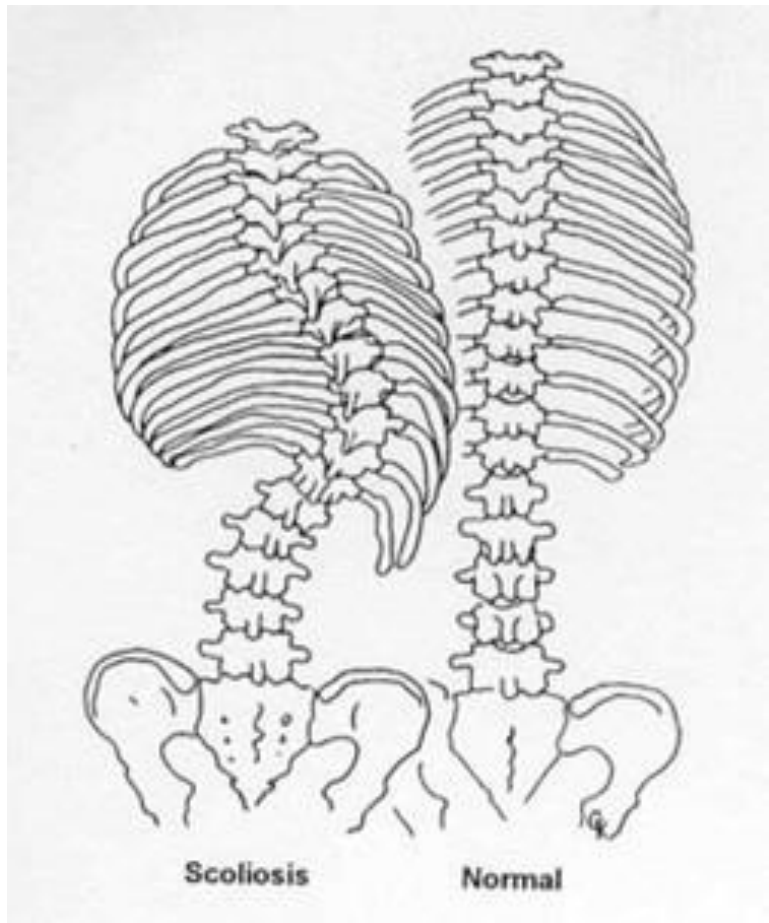
EUROPSKI STRUKTURNI
I INVESTICIJSKI FONDovi



ESF
UČINKOVITI
LJUDSKI
POTENCIJALI

Projekt je sufinancirala Europska unija iz Europskog socijalnog fonda.

1. Uvod

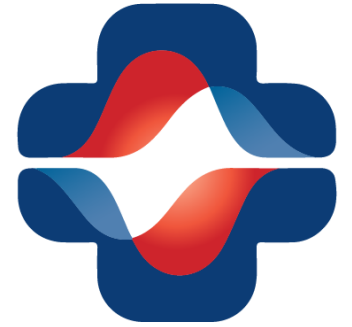
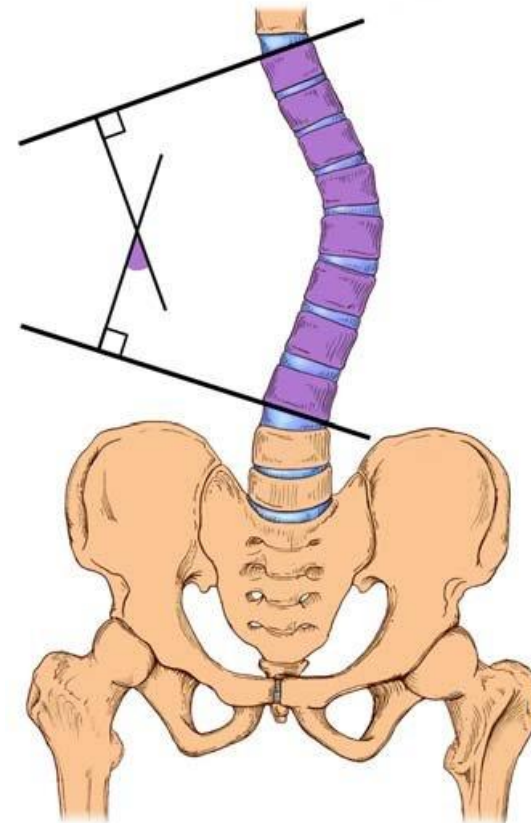


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- trodimenzionalnu deformaciju kralježnice kod koje dolazi do postraničnog savijanja i rotacije kralježnice uz torziju kralježaka te gubitka fiziološke kifoze u torakalnom dijelu

1. Uvod (2)

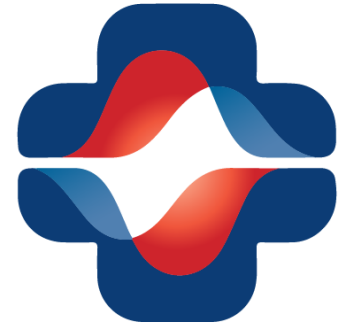
- Iskrivljenost po Cobbu



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2. Uzroci – strukturalni

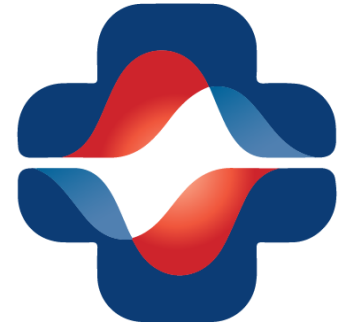
- Idiopatski
 - Infantilne
 - Juvenilne
 - Adolescentne
- Kongenitalne
- Neuropatske
 - Neuropatske
 - Miopatske



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Uzroci – nestrukturalni

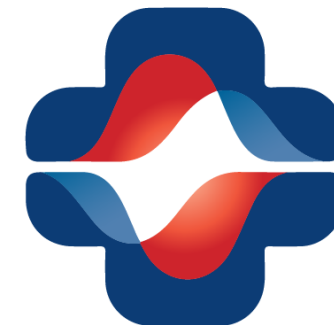
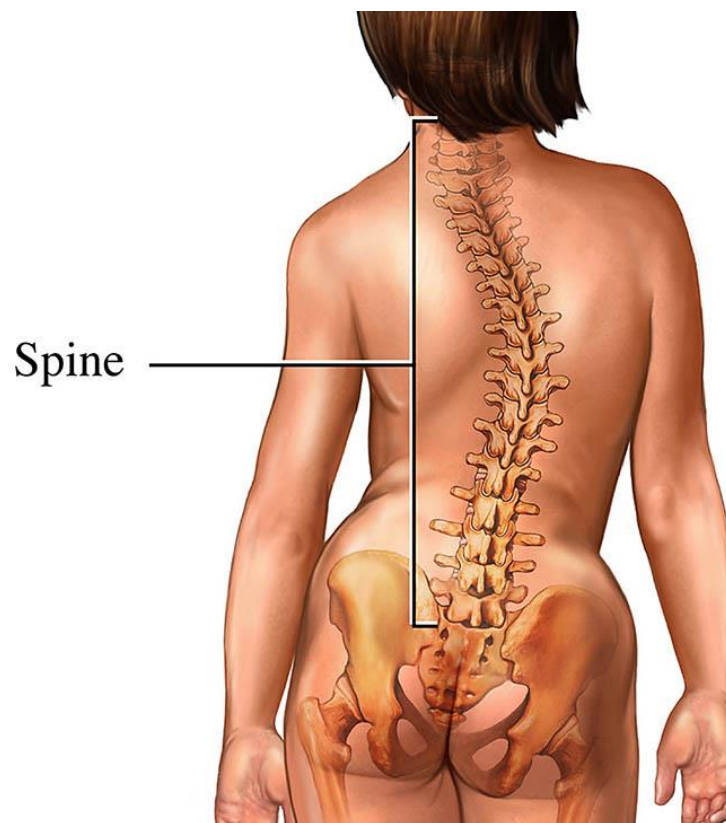
- Krivo držanje
- Upalni proces
- Nejednaka duljina donjih ekstremitata
- Kontrakture kuka



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3. Klinička slika

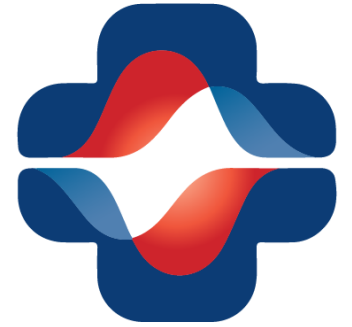
- Postranična iskrivljenost u zahvaćenom dijelu kralježnice
- (nejednak tonus muskulature) $>10^\circ$
- Torakalna kralježnica
- GIBUS



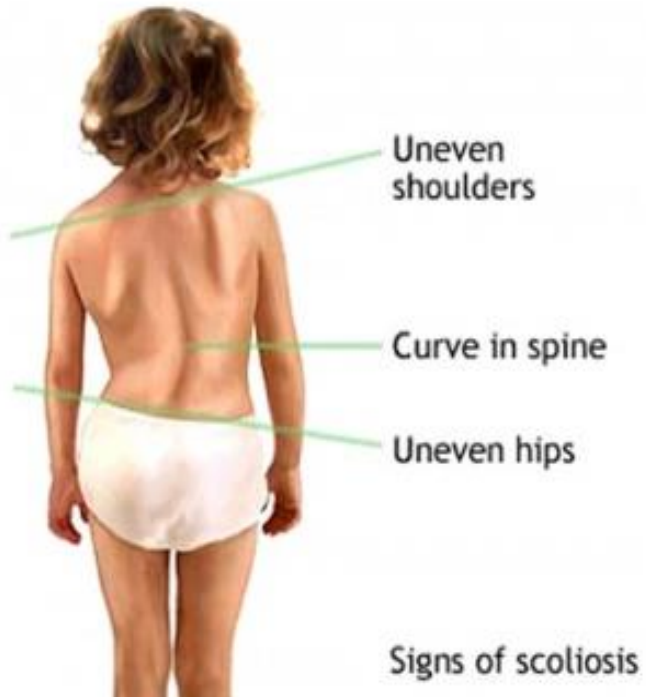
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3. Klinička slika (2)

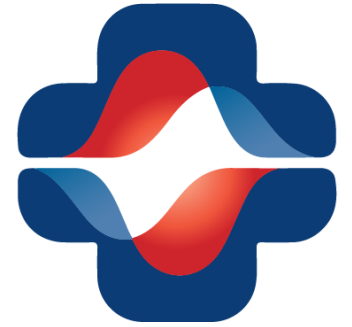
- Kongenitalne i neuromuskularen skolioze → loša prognoza
- Idiopatske → bolja prognoza
- Sekundarni zavoј je znak progresije deformiteta



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3. Klinička slika (3)



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a



b



c



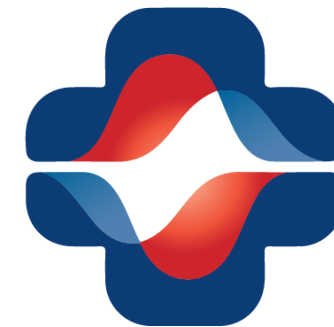
d

3. Dijagnostika

- Opservacija
- Adamsov test →

<https://www.youtube.com/watch?v=6QUufps+V...V>

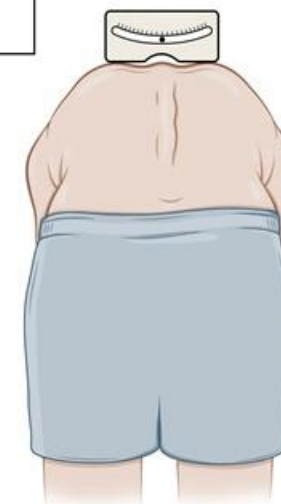
- RTG +MR



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Scoliometer

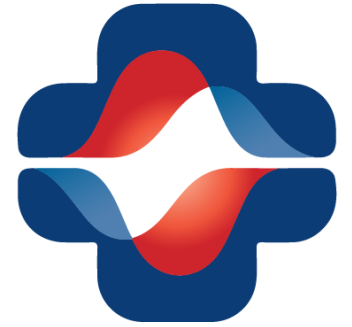


Normal

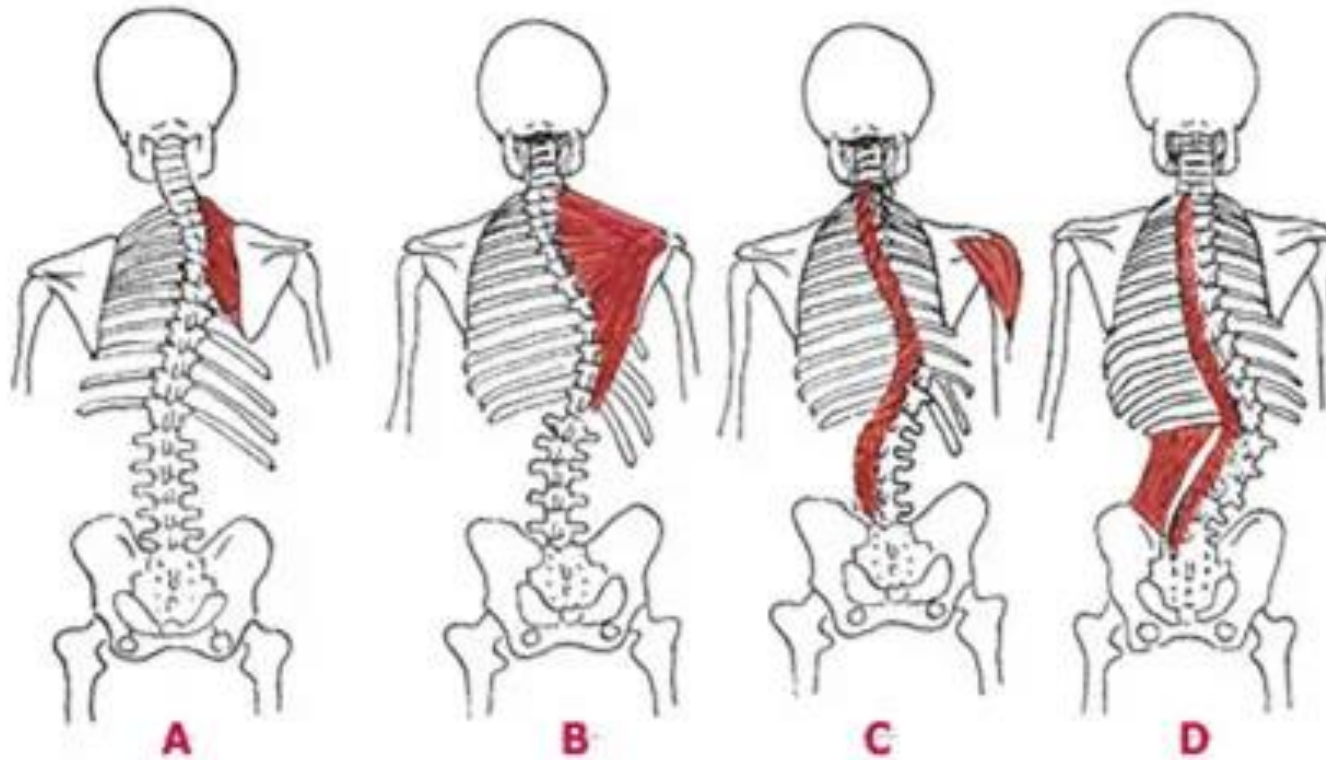


Abnormal

3. Dijagnostika (2)

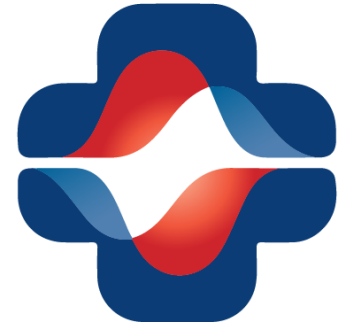
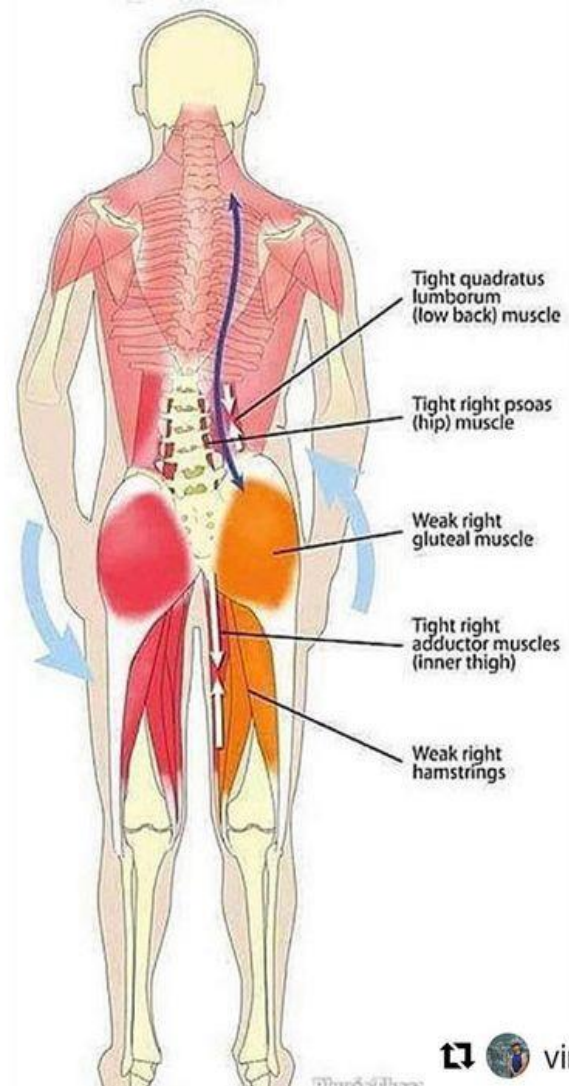


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- A. Unilateral rhomboid hypertonicity
- B. Unilateral trapezius hypertonicity
- C. Unilateral hypertonicity in erector and posterior deltoid
- D. Unilateral hypertonicity in erectors and quadratus lumborum muscles

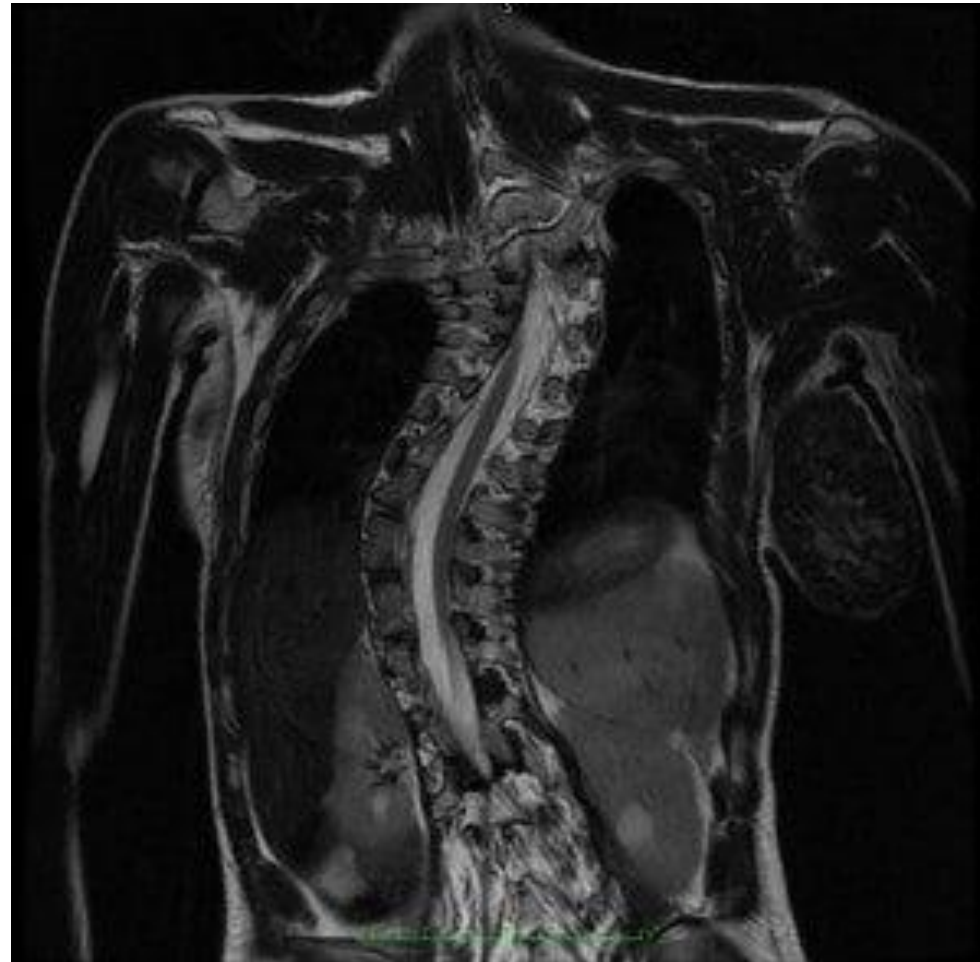
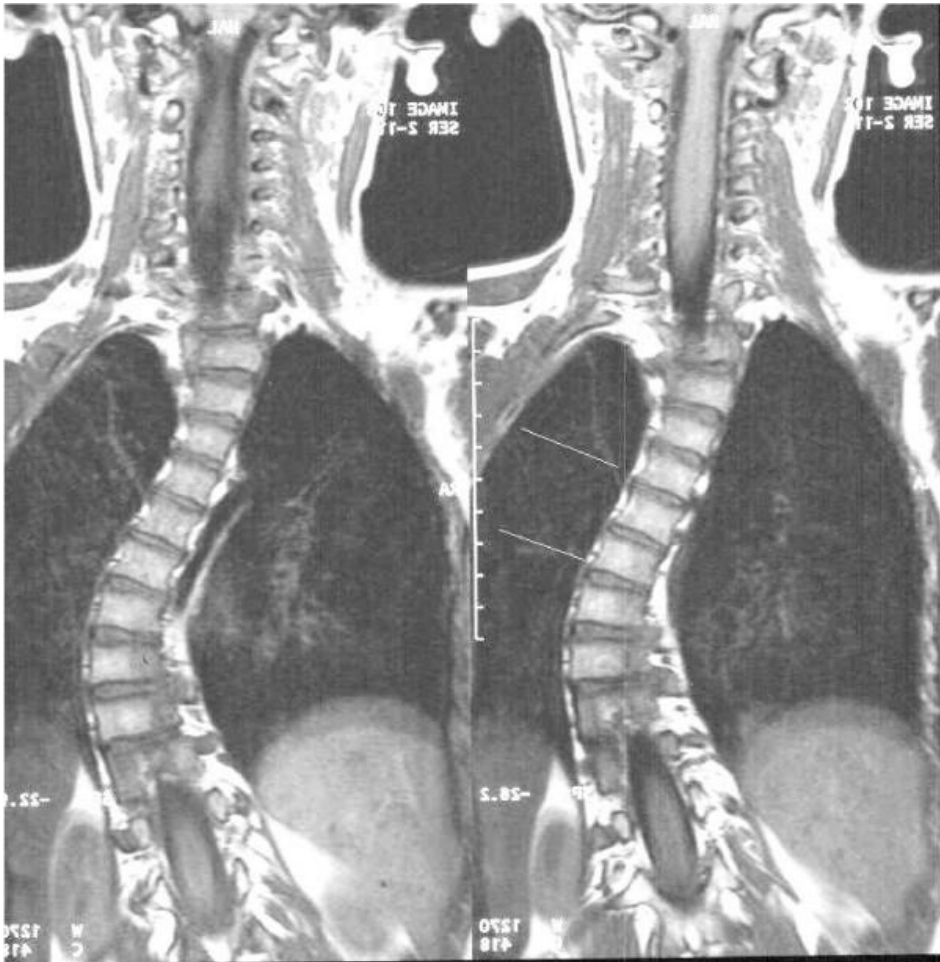
3. Dijagnostika (3)



3. Dijagnostika (4)



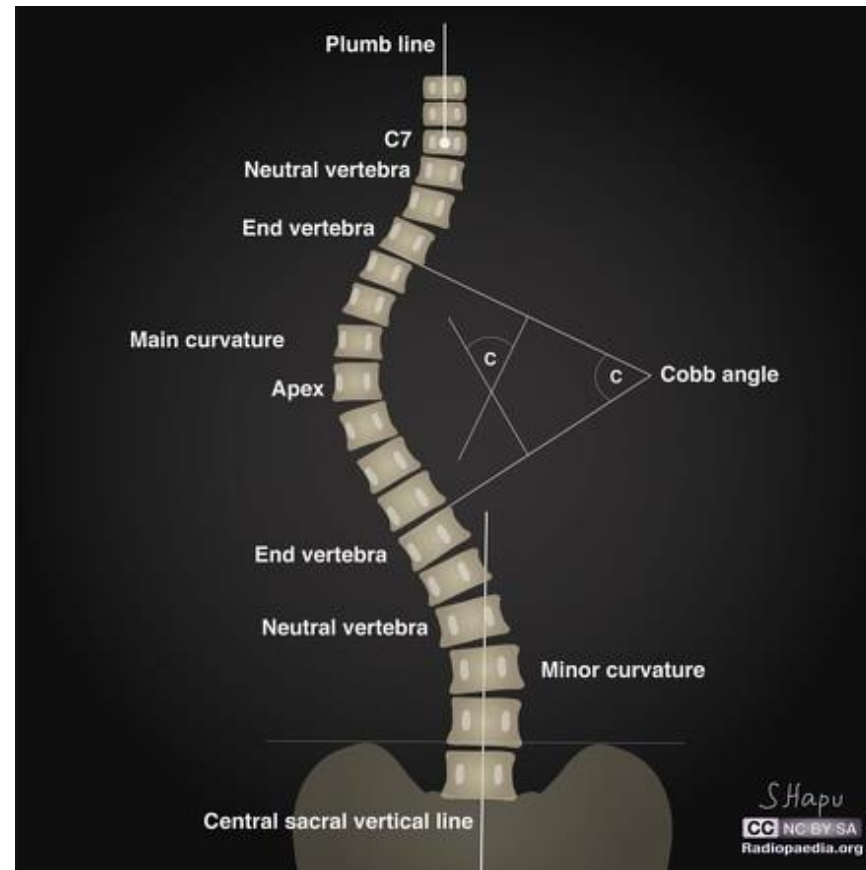
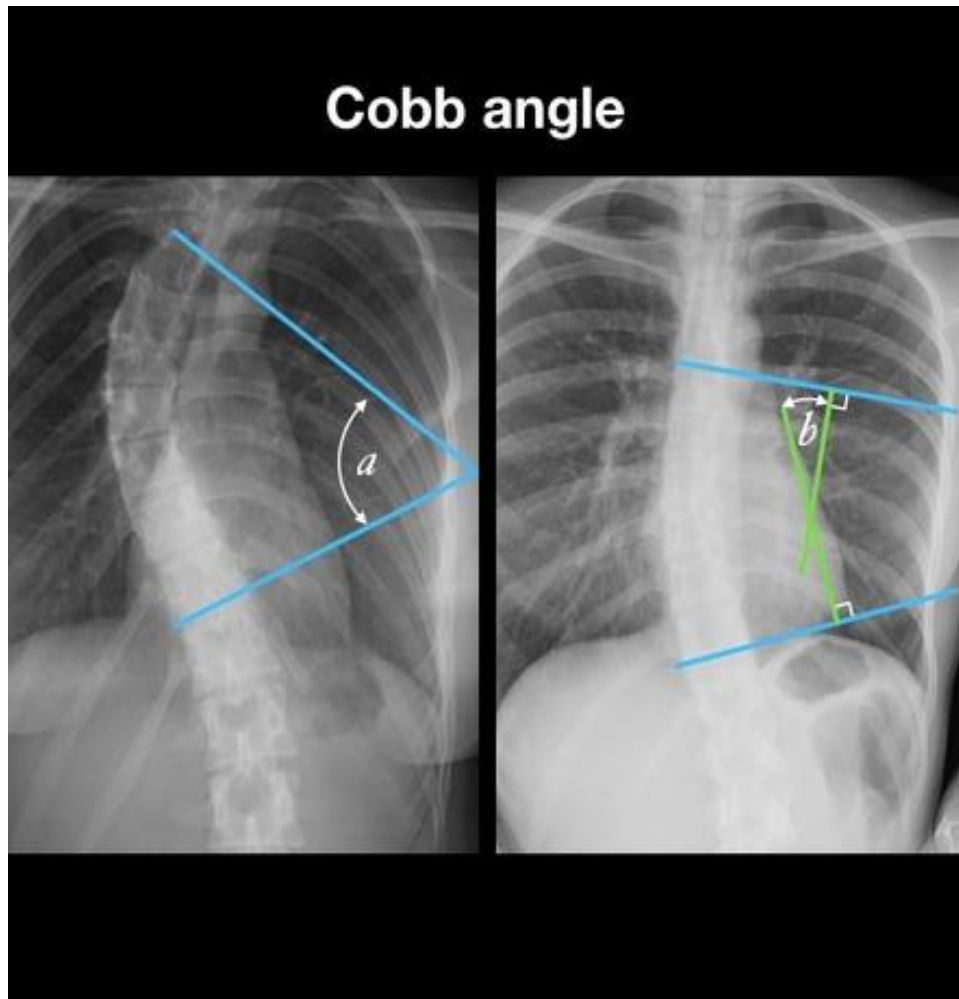
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3. Dijagnostika (5)

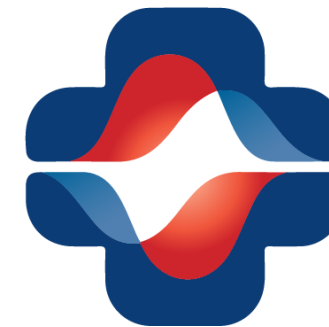


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4. Literatura

- 1) Anka Kovačević, Fizioterapija deformacija lokomotornog sustava, Alka script, Zagreb 2013.
- 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-
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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