

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

Prevenција i liječenje skolioza

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Srednja škola Topusko



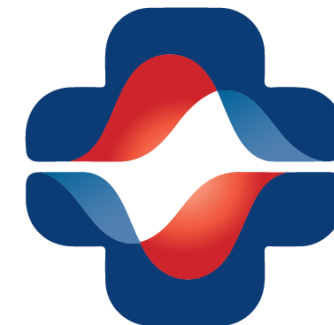
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Projekt je sufinancirala Europska unija iz Europskog socijalnog fonda.

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

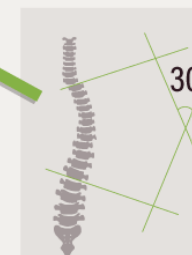
Typically used by schools that continue to screen students for scoliosis, your children bend forward at the waist while a doctor or school nurse looks for a bulge in the rib cage on one side.



NO BULGE



BULGE

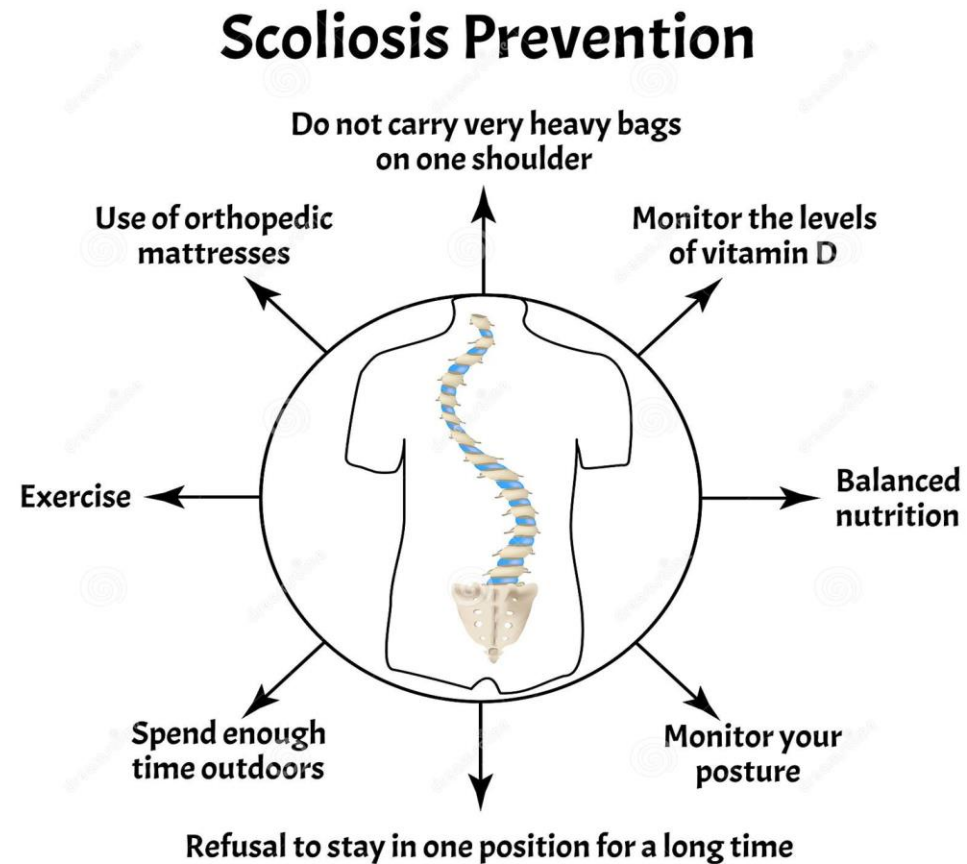


Although this can detect potential problems, it cannot accurately determine type or severity. Bulging isn't usually obvious until the spinal curve is moderately advanced (near 30 degrees).
That's too late!

1. Prevenirca (2)

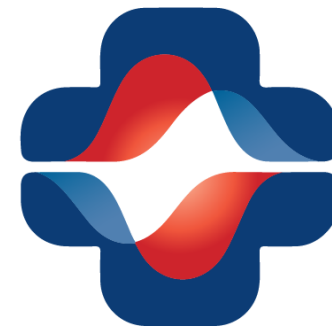


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1.1. Vitamin D

- 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

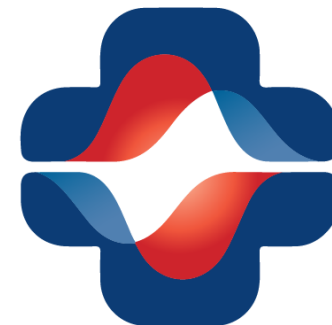


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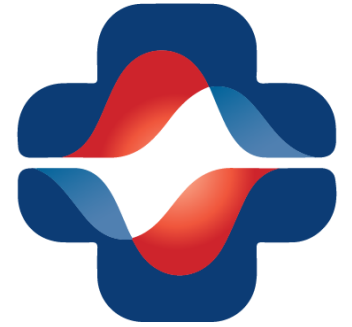
2.1. Kineziterapija

- 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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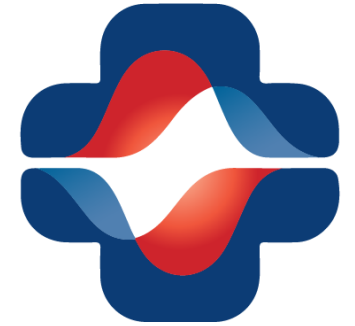
2.1. Kineziterapija (2)



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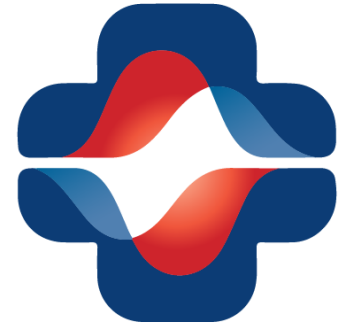


2.1. Kineziterapija (3)



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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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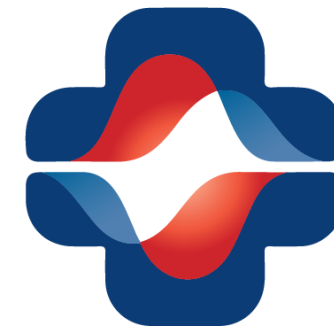
2.2. Ortoze

- Koriste se u slučaju većeg deformiteta (30° - 40°)
- Kineziterapija radi sprječavanja atrofije
- Zadaće ortoza:
 - Zaustaviti povećanje deformiteta
 - Estetsko poboljšanje



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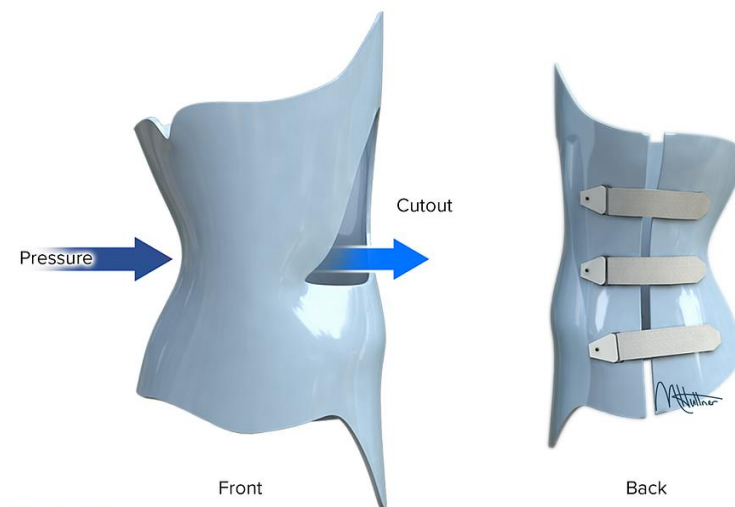
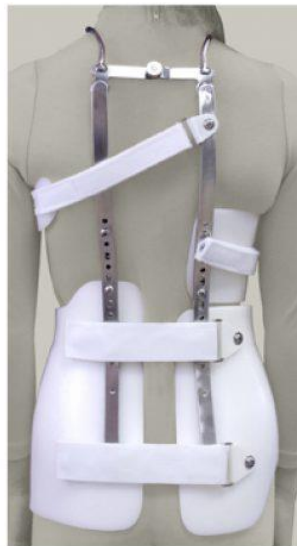
2.2. Ortoze (2)



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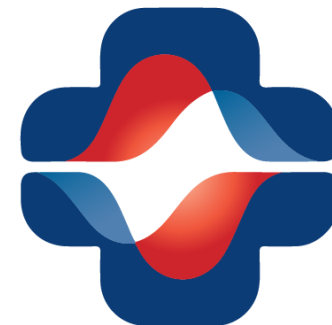
Milwaukee ortoza



VERITAS health

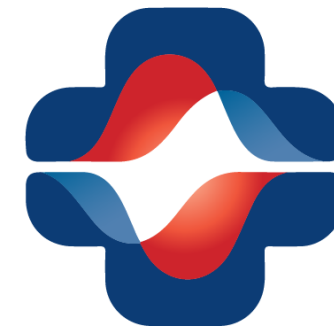
Boston ortoza- lateralni pritisak

2.3. Konzervativno liječenje

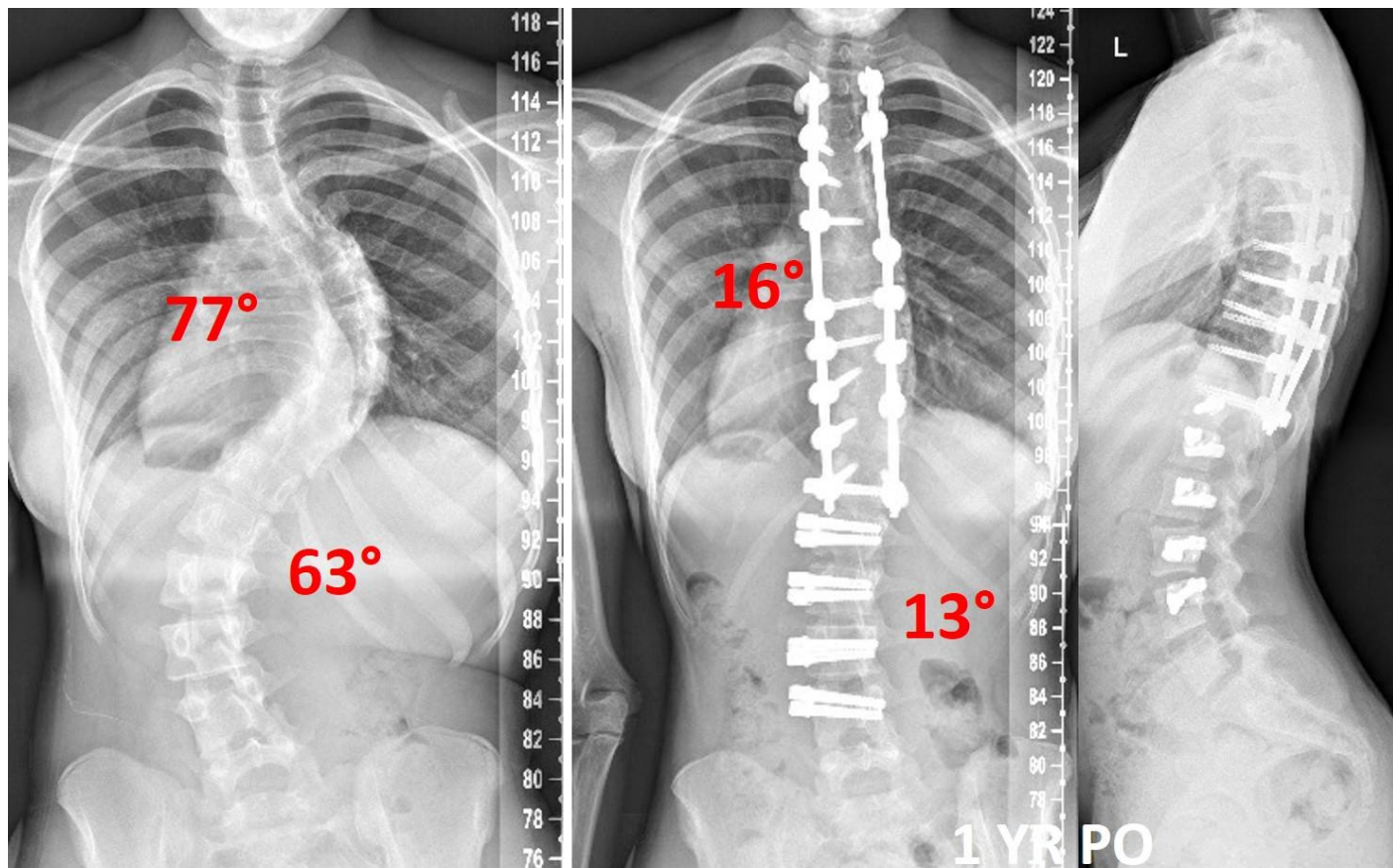


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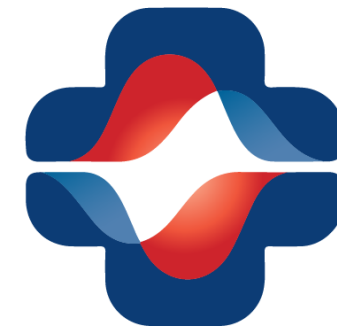
2.4. Operativno liječenje



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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-
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- 4) Ivo Jajić, Zrinka Jajić i suradnici, Fizikalna i rehabilitacijska medicina, Medicinska naklada, Zagreb 2008.



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