

Master's Degree Program in Physical Medicine and Rehabilitation

Master's Thesis Abstracts

2017-2018 academic year

Ana Burjanadze - Post-physical rehabilitation after the Anterior cruciate ligament of the knee reconstruction

Supervisor: Professor Pavle Kasradze, PhD

Annotation: This work provides information on Anterior cruciate ligament of the knee, its discovery, statistics, diagnostics, conservative and surgical treatments, which are focused on the study of the development of Anterior cruciate ligament of the knee and its subsequent rehabilitation. Symptoms in acute periods include discomfort and pain in the knee joint, local swelling, and restricted movement that can impair the patient's quality of life. In the case of symptoms, it is important to consider possible risk factors and provide appropriate interventions to modify them, which will allow us to avoid recurrent episodes.

The goals and objectives of the topic were the problems of those who had previous Anterior cruciate knee ligament injury, had reconstruction, and needed further rehabilitation.

Research Outcome: Post-conservative and surgical rehabilitation has yielded full results for both the patient and the staff in the rehabilitation team, the athlete has returned to his profession and the non-athlete has been able to return fully to the community and continue active life.

The research found: Regular and well-chosen treatment, early intervention with the right approach and individualized program can provide results.

Master thesis structure and scope: The thesis consists of introduction, review of medical literature, results, conclusions, recommendations and bibliography.

Key Words: Anterior Cross Yoga Injury, Lachman Test, Pivot Schiff Test, Drawer Test, Anterior Cross Yoga Injury Management and Rehabilitation.

Irakli Aslamazashvili - Medical rehabilitation for childhood and adolescent scoliosis

Supervisor: Professor Pavle Kasradze, PhD

Annotation: The work represents with the prevalence of childhood and adolescent scoliosis in Georgia and abroad. It shows that this disease is a common in the pre-school and school, especially in the transitional age, when children start intensive growth process and it is accompanied by hipodinamia (less physical activity) derived from sedentary life. Therefore, it is very important to develop proper orthopedic habits for children and adults (proper seating, proper posture, proper bedding, proper adjustment of school desks) and so on. The paper describes the forms, degrees, and methods of treatment for this disease; mainly therapeutic exercises, healing procedures and other methods (swimming, acupuncture) and more. It also discusses conservative treatment indications and defining the stage of surgical treatment for vital indications. The book discusses in detail the therapeutic exercises, the therapeutic massage, their forms, remedies and methods. It also provides advice for parents to avoid this pathology in children and adolescents as much as possible.