

Comparison between the Effects of Physiotherapy in the Neuropsychophysiological Profile of Patients with different types of Hip Fractures

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Abstract

Statement of the Problem: Hip joint fractures are a major cause of neurological disorders. We evaluate the effects of physiotherapeutic interventions on the neuropsychophysiological profile of patients, between the two most common hip fractures, while on rehabilitation, in a private center of the regional Greece, in the immediate postoperative period.

Methodology & Theoretical Orientation

64 patients after surgery for intertrochanteric fracture (Group A) and for femoral neck fracture (Group B), who had a certain standardized physiotherapeutic protocol during their rehabilitation, were studied post-operatively. For all patients, the mini-mental state test and the Confusion Assessment Method score (CAM score) were recorded on the 1st day (day of import), on the 5th day, on the 15th day and on the 30th day of hospitalization. Findings: For the day of import and for the 5th day, the statistical analysis did not reveal a statistically significant difference in the neuropsychophysiological status of the patients (day of import $p=0.577$ and 5th day $p=0.273$), but for the 15th day and for the 30th day, the results were statistically significant for both tests (15th day $p=0.047$ and 30th day $p=0.038$) with a better outcome for Group B.

Conclusion & Significance

Following a specific physiotherapeutic protocol in the aforementioned type of patients is an important tool in maintaining and improving the neurological status of these patients who are at a high risk of developing neurological disorders and delirium. Particularly important is that according to our study there is a difference in the final outcome between the patients with the two most common types of hip fractures, with a better final cognitive outcome for those with a femoral neck fracture. However, it is crystal clear that all patients were more or less benefited from the physiotherapeutic interventions, with better scores in both tests

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