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Modern methods of rehabilitation

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Return to the old way of life after trauma, prolonged treatment or surgical intervention - professional rehabilitation sooner or later may be necessary for everyone. Today, rehabilitation medicine has nothing to do with the notorious "healing". In modern rehabilitation, they apply the latest developments in the field of physics, chemistry, biology, use computer and even space technologies.

Today, rehabilitation medicine has nothing to do with the notorious "healing". In modern rehabilitation, they apply the latest developments in the field of physics, chemistry, biology, use computer and even space technologies. The patients of the City Hospital No. 40 located in Sestroretsk can verify this. Today, one of the most famous medical institutions in the Northern capital works in 20 directions. Among them, oncology and urology, cardiology and gynecology, as well as medical rehabilitation. The specialists of the hospital and modern technology help thousands of people to restore the motor functions of the body. The Piter.TV channel will tell you about how doctors do miracles and literally put patients on their feet who are facing serious problems.

One of the most important areas of rehabilitation is the restoration of the motor functions of the body. Well-known to all LFK, using a thousand-year experience of therapeutic gymnastics, today relies primarily on robotic mechanotherapy. In City Hospital No. 40, you can find many "smart machines" working in this direction. This is the "Locomotive" for improving patient mobility and the innovative ErigoBasic verticalizer table, BrainPort balance recovery device and Trainer Balance simulator. Until recently, Russians could only dream of such technologies, and now they are available to all patients in the hospital in Sestroretsk.

Rehabilitation complex MotionMaker combines at once two methods of rehabilitation. This is a functional electrostimulation and robotic mechanotherapy. The electrodes connected to the control unit are placed on the patient's lower limbs. On the screen of the monitor, tasks appear for the person: part of the movements are performed by the robot, part is the patient himself. If some part of the movement falls, then the smart device helps its "master." So, electrostimulation sends impulses to muscles and reduces them at the right time.

There are only 5 of them in the world. Two are in St. Petersburg, one in Moscow and another two in Switzerland, "said Andrei Sarana, deputy chief medical officer for rehabilitation.

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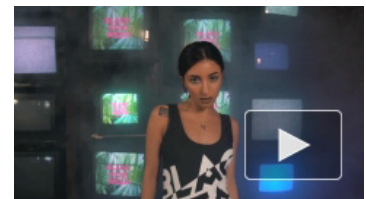
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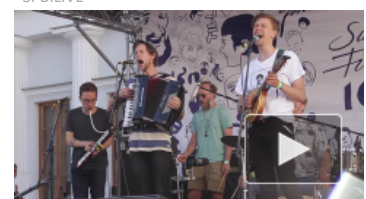
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Has a relationship with Switzerland and the legendary "Locomotive". Swiss development restores physiological walking skills in people with any disabilities, up to complete paralysis. Using a special monitor, the device simulates a real physiological act of walking.

We see the return on the screen, we see on the graphs how the hips and shins move, how the supporting function of the leg works, - says Natalia Berezhkova, senior instructor-methodologist at the LFK.

A motorized mobile platform "Huber" arrived in St. Petersburg from France. This is the only technology that restores and develops all muscle groups.

Rehabilitation department of the hospital in Sestroretsk is the center of the expert level. Not for nothing that people from all over Russia come here to recover: from Kamchatka to Kaliningrad.

The development of nanotechnology, the improvement of electronics and the creation of fundamentally new sources of physical fields have provided a real boom in yet another branch of rehabilitation medicine - physiotherapy. The park of modern physiotherapy equipment reaches today 12 million devices. And continues to increase intensively.

Prevent the emergence of herniated intervertebral discs in any part of the spine and strengthen the muscular corset with the help of the Japanese system "Traktayzer." The procedures on this swing machine are completely safe, which is very important for patients with a backache. "Traktayzer" refers to the advanced technologies of modern physiotherapy.

Physiotherapy, she went far ahead. Any basis it is based on classical physiotherapy: it's an electric current, it's a magnetic effect, it's a laser, it's some sort of mechanical effects. But when they unite or have the right direction, then this is a special action, this speeds up the process of rehabilitation. And it also helps the nurse work, - says Svetlana Novikova, head of the department of physical methods of treatment number 1.

Hilterapia is a unique method of laser physiotherapy, which is used to treat pathological processes in deeply located tissues. They usually arise because of injuries and heavy physical exertion. Hilterapia is ideal for the musculoskeletal system.

All devices except for classical ones have a combined effect. For example, there is a vacuum apparatus - this is the effect of vacuum massage, vacuum compression and magnetotherapy on the patient. There is abdominal decompression - this is the effect of decompression and compression on different parts of the human body. There are procedures that combine the effects of galvanic mud - this is the imposition of mud application and the galvanic electric current passing through it. There are devices that have different types of massage and it always stands on the face or it's FT or massage. The device of electronic lymphatic drainage massage. This is performed by an employee who knows the techniques of massage, how to correctly do it. But we feel the lymphatic effect due to static electricity. 06.28 There are various other harvesters, Where we can influence a person at once with two factors. It can be a magnet and a laser. Or for example, electricity and magnetotherapy ... All novelties are a classic that is beautifully combined, consistently used, - says Svetlana Novikova.

Note that in Urban Hospital No. 40, one specific device or one specific technology is rarely used to treat patients. Usually they combine massage and laser therapy, vacuum technologies and classical physiotherapy. Such a comprehensive and proven approach gives patients a guaranteed result and an improvement in the quality of life.

Successful physical rehabilitation, after which a person returns to normal life, is the result of the work of a huge number of specialists, equipment and the patient himself. All the rehabilitators are talking about the importance of the last factor. The desire to regain a normal life and self-confidence often works miracles!

Video: Piter.tv channel

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