

REHABILITATION OF POST TRAUMATIC LIMB CONSEQUENCES

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Background. The rehabilitation of individuals with extremity injury is a common but complex problem for the surgical and rehabilitative teams. Basic science tenets of fracture and soft tissue reconstruction and healing guide postoperative weight-bearing and range of motion protocols. **Aim of study.** To evaluate rehabilitation of post traumatic patients with limb consequences. **Methods and materials.** A systematic approach was employed to examine pre reviewed articles between the years 2020 and 2024 in Pubmed, Google Scholar were analyzed the articles with keyword “rehabilitation of limb”. **Results.** All patients who sustained limb loss because of the Troubles and were referred to our rehabilitation center were sent a questionnaire. The main outcome measures were the SIGAM mobility grades, the General Health Questionnaire (GHQ12) and three screening

questions for Post Traumatic Stress Disorder (PTSD) out of a 66% response rate, 52 (69%) patients felt that the period of primary prosthetic rehabilitation was adequate; 32 (54%) lower limb amputees graded themselves SIGAM C or D; 45 (60%) patients stated that they were still having significant stump pain. Significant stump pain was associated with poorer mobility. 33 (44%) patients showed „psychiatric caseness” on the GHQ 12 and 50 (67%) had symptoms of PTSD. **Conclusion.** Most patients felt that the period of physical rehabilitation had been adequate; those who did not were more likely to be having ongoing psychological problems. A high percentage of patients continue to have psychological problems and stump pain. **Keywords:** Limb, Rehabilitation, Amputation

CLINICAL AND FUNCTIONAL ASSESSMENT IN THE REHABILITATION OF THE PATIENT WITH CHRONIC MUSCULOSKELETAL PAIN

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Background. Chronic musculoskeletal pain (CMP) is a common issue that impacts a large part of the population, resulting in functional impairment and reduced quality of life. Despite its prevalence, some still see CMP as a symptom of another disease rather than a distinct condition. Chronic pain is a significant medical issue that affects many individuals daily. **Aim of study:** This study aimed to evaluate the effectiveness of clinical and functional assessment tools in the rehabilitation of patients with CMP, focusing on improving pain control, functional ability and quality of life in general. **Material and methods.** Based on peer-reviewed articles from 2019 to 2024 on PubMed, Google Scholar database, Research Gate, on the keyword “musculoskeletal pain during rehabilitation”. **Results.** Considering that CMP is a multidimensional and complex clinical condition, current recommendations for evaluating CMP are based on

the biopsychosocial model of health care, which clinicians should apply takes a practical integrated management approach, starting with an assessment that focuses not only on pain but on pain in general people. Clinical guidelines recommend disability assessment as the highest priority when dealing with people with chronic pain. Importantly, people with CMP or higher with higher disability were eight times more likely to seek care than those with low disability. **Conclusion.** The healthcare community must elevate the discussion of CMP management beyond pain, to include the significant benefits that improved functional outcomes bring to patients. Functional improvement is the second most valued treatment expectation in pain patients (first is pain control), highlighting the value that patients place on this factor. **Keywords:** chronic musculoskeletal pain, clinical assessment, rehabilitation, pain management.