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RECOVERY OF KNEE ARTHROSIS BY BALNEO-PHYSIO-KINETOTHERAPY METHODS

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Abstract

Arthrosis is a cronical disease with a slow evolution, provoked by an early tear of the cartilage, which irreparably deteriorates. The joint no longer cushions the shocks from the movement, so the joints deform irreversibly. Arthrosis of the knees is called gonarthrosis and although it is less disabling than arthrosis in the hips, it has a higher incidence. Anamnesis, physical examination and paraclinical explorations are required before diagnosis is made. For the recovery of the knee with arthrosis by physical therapy, consideration should be given to the stage of the disease, as kinetotherapy plays a role in the fight against pain and targets myo-arthro-kinetic function. Treatment is individualized and aims not to make the patient worse, but to achieve a maximum yield with a minimum of dosed effort depending on the patient's adaptation to the recovery program. Treatment should be applied immediately after diagnosis. And its continuity is essential. The aim is to relieve/combat joint pain, restore/maintain joint stability, restore the amplitude of movement, maintain muscle tone. The reflexogen massage will be the same as applied to arthrosis of the spine, only in this case it will be applied strictly to the area of the respective joint, stimulating the reflex area of the lombo-sacral spine. In the treatment of gonarthrosis it is important to establish a diagnosis and establish an appropriate and effective treatment.

Key Words: *arthrosis, kinetotherapy, physical therapy*