



WEB OF SCIENCE

PHYSIOTHERAPY IN PEDIATRIC DISEASES – SPINA BIFIDA

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Editor: Constantin MUNTEANU, E-mail: office@bioclima.ro



Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: L40

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Abstract

Introduction. Spina bifida is defined as a congenital bone malformation, located in the spine, characterized by the development of the embryo with an incapacity of closing the anterior part of the vertebrae, which is formed at the end of the first month of embryonic development. The most common form is myelomeningocele that consists of a cystic formation which contains nerve tissue not covered by the skin.

Material and Methods. The treatment begins with an informing session for the parents on the nature of the problem, using clear, accessible language, through drawings and figures to facilitate the understanding of the provided information. The team who takes care of the child should not only focus on the care needed for the neurogenic bladder or other complications, but also paying a particular attention to motor stimulation and cognitive development. It's the parents who have to learn the exercises and the activities that must be done daily, to the extent possible, in favor of the game when the child is willing to cooperate, emphasizing that development begins with the acquisition from simple to complicated. For example, before he can manage to sit without support, the child must be able to keep his head straight and to roll.

Results. The recovery program aims to prevent and correct the contractions and retractions, stimulate neuromotor development, tone muscles, and to increase muscle strength.

Conclusions. For a better quality of life, along with conventional medical treatments, complementary therapies are also recommended. Even if they don't have a role in healing, they help controlling the symptoms.

Keywords: *spina bifida, kinetotherapy, quality of life, complementary therapies*