Congresul Național de Medicină Fizică, de Recuperare și Balneoclimatologie
Covasna, 23 – 25 Aprilie 2026

TRAUMATIC INJURY OF THE INDEX FINGER OF THE DOMINANT SIDE: IS A SMALL REHABILITATION MEDICINE TEAM ENOUGH TO CHANGE LIVES? A CASE STUDY

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ANAMNEZA

- ♀, A. D., 25 ani, mediul rural, lucrător comercial
- **26.09.2025** - ⇢ consult recuperare medicală

M.P. – defect tegumentar, dureri mixte, impotență funcțională și dificultate medie de autoîngrijire

- **25.08.2025** - traumatism (feliator salam) **index drept (parte dominantă)**
- 25.08.2025-05.09.2025 – Chirurgie plastică ⇢ reconstrucție cu lambou venos de la nivelul feței volare a articulației RC drepte

A.H.C., A.P.P. – nesemnificative

Consum toxice – aprox. 10 țigări/zi (de aprox. 3 ani)

Medicație – Alle Gel 2x1 aplicații locale (zone cu defect tegumentar)



EXAMEN OBIECTIV

General – pe aparate și sisteme – neremarcabil

Local (NMAK)

- **Consult inițial (26.09.2025)**

- index drept + articulație RC dreaptă

- defect tegumentar ↑↑, plagă operatorie în curs de vindecare (sensibilitate la palpare)

Articulație RC dreaptă	Articulație MCF II	Articulație IFP+IFD II
Flexie activ/pasiv = 45º/50º*	Flexie activ/pasiv = 15º/25º*	IFP - Flexie activ/pasiv = 5º/10º*
Extensie activ/pasiv = 40º/50º*	Extensie = 20º	IFD – Flexie activ/pasiv = 10/15º*
Supinație activ/pasiv = 45º/50º*	Abducție = 25º	
Deviație ulnară/radială = 40º/20º	Adducție = 25º	

EXAMEN OBIECTIV

26.09.2025

Sensibilitate

Superficială
Discriminativă

Testare dificilă

FMS

Regiuni afectate

Netestabilă ⇢ dureri la mobilizare

ROT

Stiloradial drept

Netestabil

CHUGACH PHYSICAL THERAPY
THERAPIST OWNED & OPERATED

UPPER EXTREMITY FUNCTIONAL SCALE (UEFS)

Patient Name: _____ **Date:** _____

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your upper limb problem for which you are currently seeking attention. Please provide an answer for each activity.

Today, do you or would you have any difficulty at all with: (circle one number on each line)

Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
Any of your usual work, household or school activities	0	1	2	3	4
Your usual hobbies, recreational or sporting activities	0	1	2	3	4
Lifting a bag of groceries to waist level	0	1	2	3	4
Lifting a bag of groceries above your head	0	1	2	3	4
Grooming your hair	0	1	2	3	4
Pushing up on your hands (i.e. from bathtub or a chair)	0	1	2	3	4
Preparing food (i.e. peeling, cutting)	0	1	2	3	4
Driving	0	1	2	3	4
Vacuuming, sweeping, or raking	0	1	2	3	4
Dressing	0	1	2	3	4
Doing up buttons	0	1	2	3	4
Using tools or appliances	0	1	2	3	4
Opening doors	0	1	2	3	4
Cleaning	0	1	2	3	4
Tying or lacing shoes	0	1	2	3	4
Sleeping	0	1	2	3	4
Laundering clothes (i.e. washing, ironing, folding)	0	1	2	3	4
Opening a jar	0	1	2	3	4
Throwing a ball	0	1	2	3	4
Carrying a small suitcase with your affected limb	0	1	2	3	4
Column Totals					

UEFS Score _____ /80 *Maximal Function (UEFS Score)/80 x 100 =* _____ %. **Medicare Rating:* _____ %*

For a Medicare patient, the Impairment/Limitation/Restriction % is the opposite of the Maximal Function for UEFS. Example: 60/80 x 100 = 75% (UEFS %) and 100% – 75% = 25% (MCR rating)

Provider Signature: _____

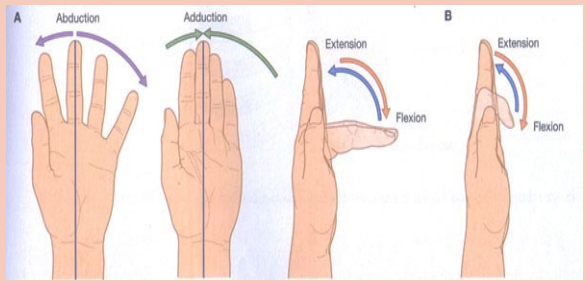
Scor UEFS 26.09.2025 = 24/80 (30%)

DIAGNOSTIC

- STARE POST TRAUMATISM PRIN TĂIERE (APARAT FELIAT SALAM) INDEX DREPT (AUGUST 2025)
- STARE POST RECONSTRUCȚIE INDEX DREPT CU LAMBOU VENOS DE LA NIVELUL FEȚEI VOLARE A ARTICULAȚIEI RADIOCARPIENE DREPTE (AUGUST 2025)
- SINDROM ALGO-DISFUNCȚIONAL MODERAT MEMBRU SUPERIOR DREPT

Obiective tratament

















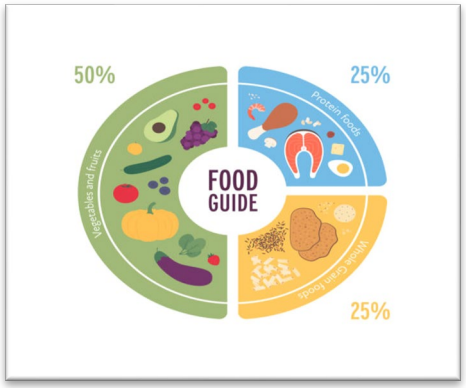


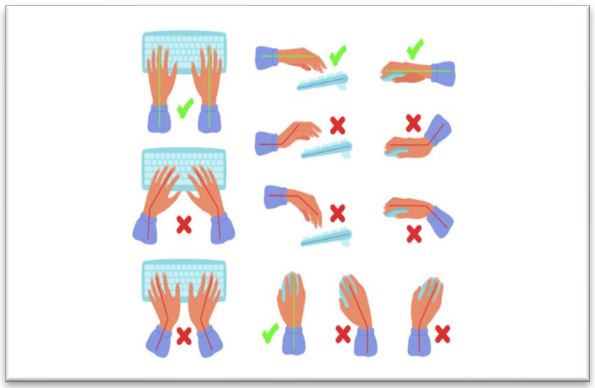


TRATAMENT



Igieno-dietetic





Farmacologic



- Cicatridina unguent 3x1 aplicații locale/zi
- Unguent cu gălbenele 3x1 aplicații locale/zi
- 2x1 comprese locale/zi reci cu soluție $MgSO_4$ 4‰
- Ibuprofen 200mg 1cps/zi, după mâncare, la nevoie

2x1 băi locale/zi cu sare de Praid (37-38℃)
+ exerciții în apă

Reevaluare: 08.10.2025

08.10.2025









22.10.2025



TRATAMENT FIZIOKINETOTERAPEUTIC

PERIOADE DE TRATAMENT

23.10.2025	12.11.2025
25.11.2025	12.12.2025
12.01.2026	27.01.2026
02.02.2026	19.02.2026

TRATAMENT FIZIOTERAPEUTIC



UUS
0,5W/cm2, 5min/câmp, in impulsuri, aplicație dinamică

SIS
Protocol vindecare posttraumatică



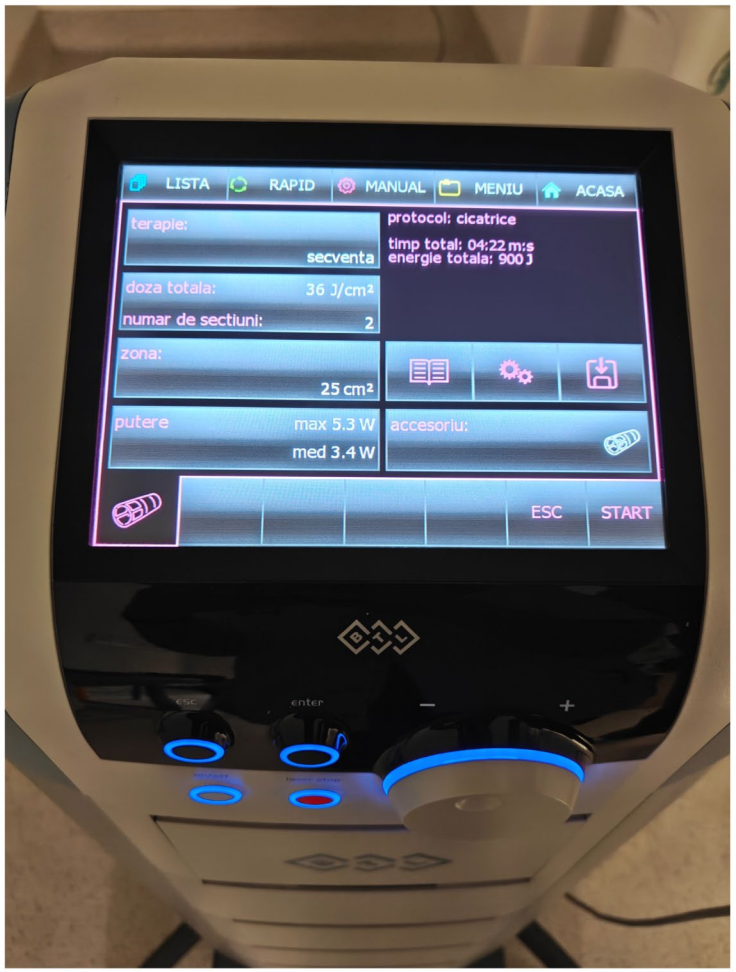


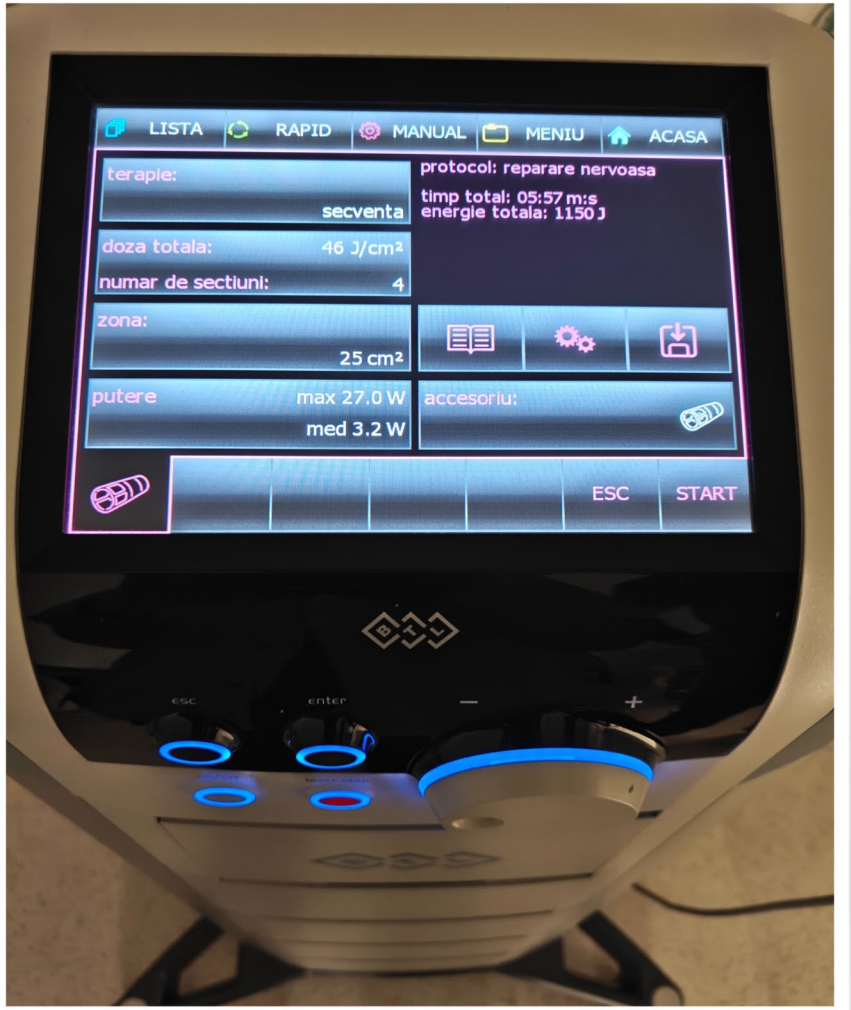
Deep Oscilation
Program cicatrice + traumatism mecanic

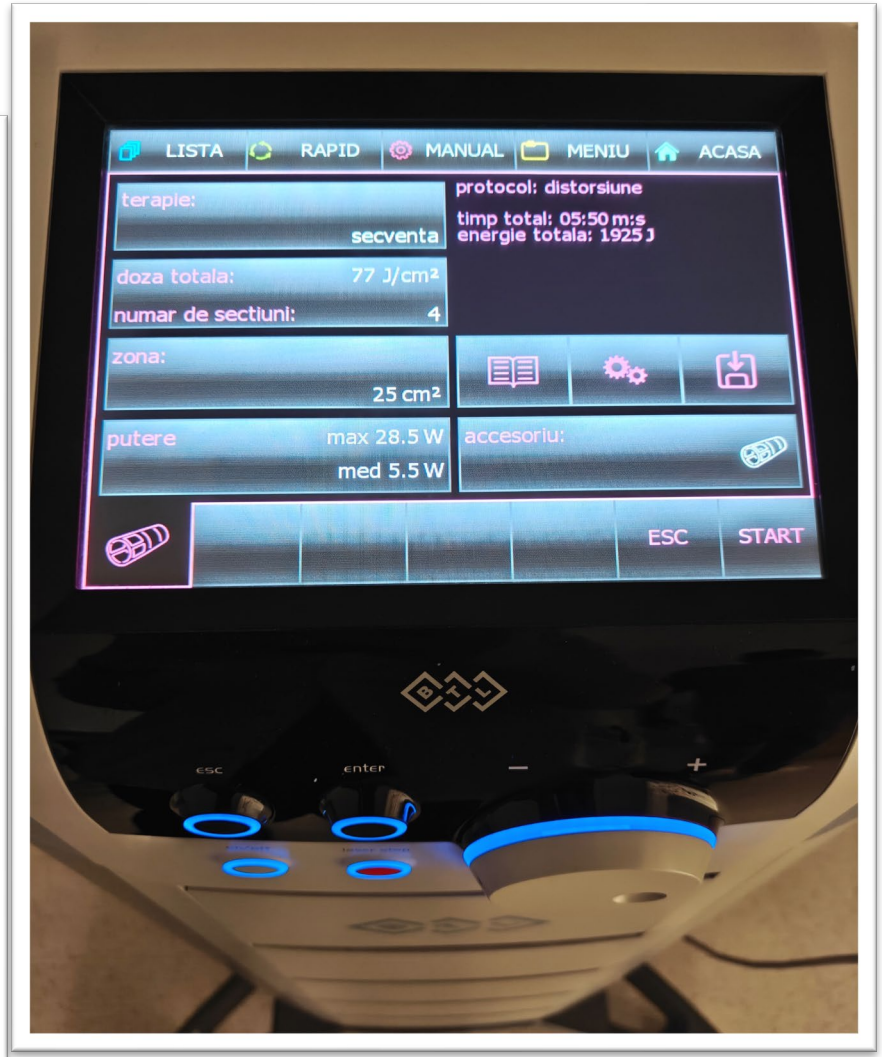
Împachetare cu parafină
- mână dreaptă + artic. RC dreaptă, 20 min, 46-48ºC, înainte de KT



TRATAMENT FIZIOTERAPEUTIC







TRATAMENT KINETOTERAPEUTIC



Mobilizare pasivă
- IFP și IFD II ⇢ restabilirea artrokinematicii naturale

Mobilizare pasivă + activă (FNP) ⇢ ↑ ROM supinație

Inițiere ↑ FMS flexori (MCF, IFP, IFD) index

Posturare mână cu degetele în flexie, intermitent în timpul zilei

↑ **FMS -** supinatori, pronatori, extensori/flexori/abductori RC, flexori/extensori (MCF, IFP, IFD) index drept

Reeducare:
- mișcări articulație RC dreaptă in plan sagital ⇢ ↑ ROM extensie
- opoziție police și control articulație IF I
- pensă index-police, index-police-medius
- scris/susținere pix
- folosire mână în ADL (nasturi, periuță de dinți, tacâmuri etc.) și IADL (telefon, menaj, gătit etc.)

Congresul Național de Medicină Fizică, de Recuperare și Balneoclimatologie

27.10.2025

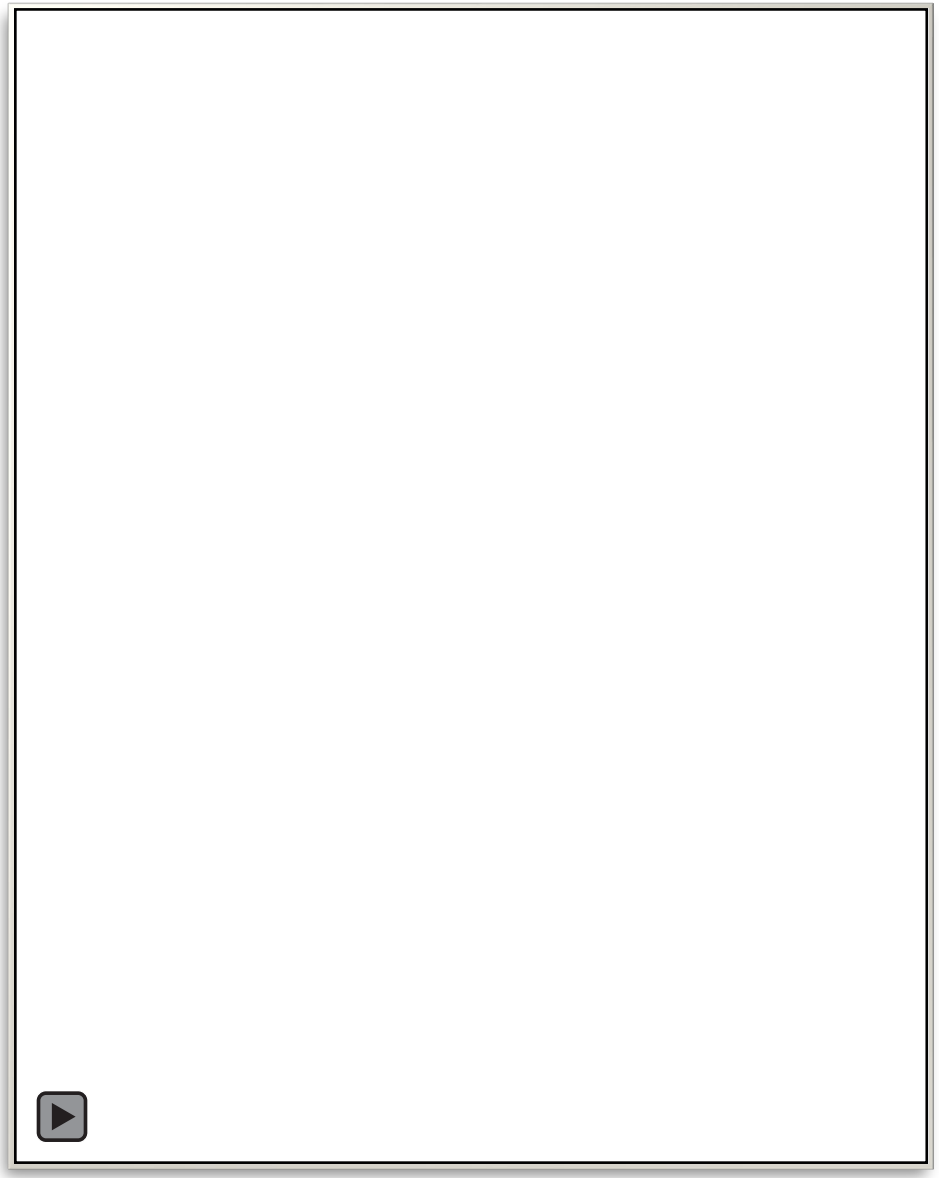
29.10.2025

29.10.2025



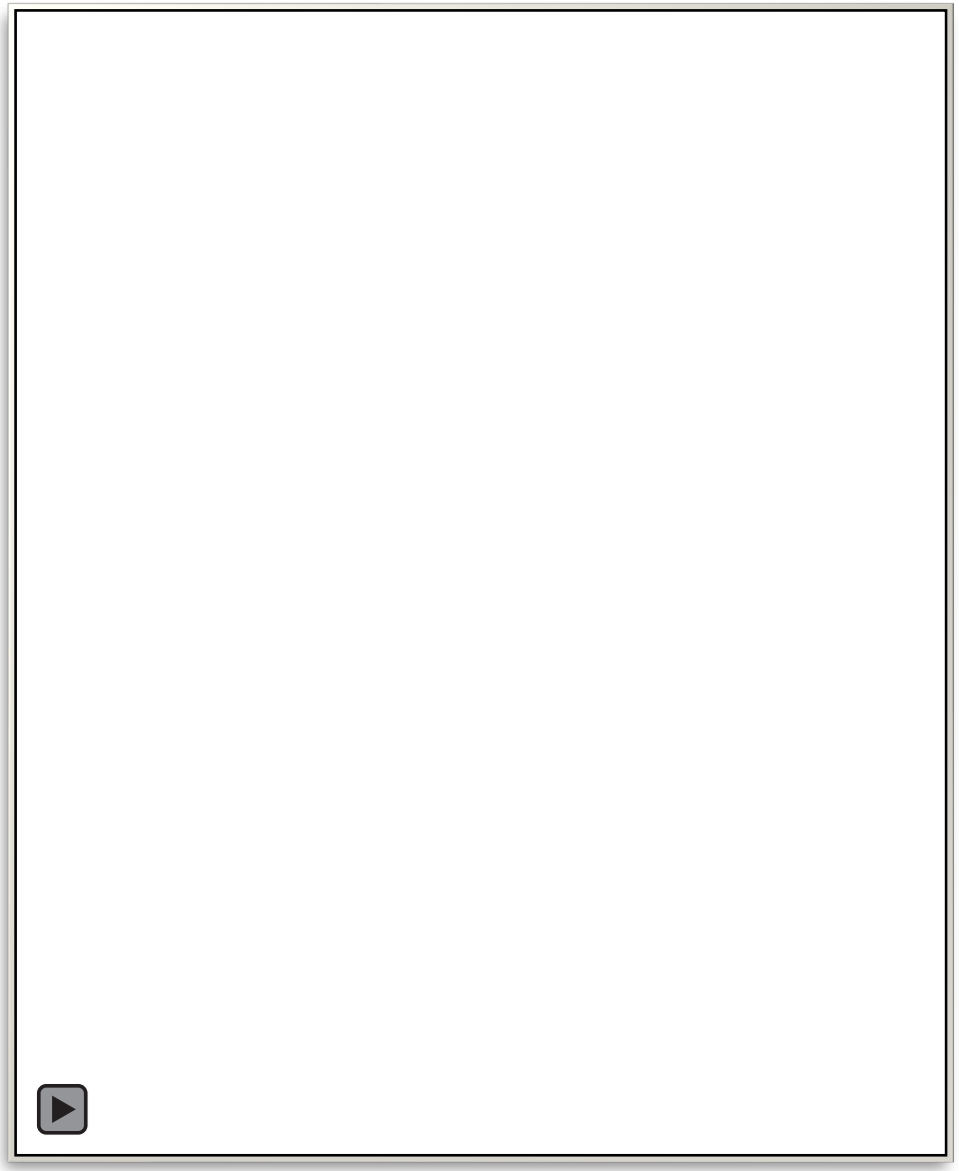
31.10.2025





← 06.11.2025

14.11.2025 →

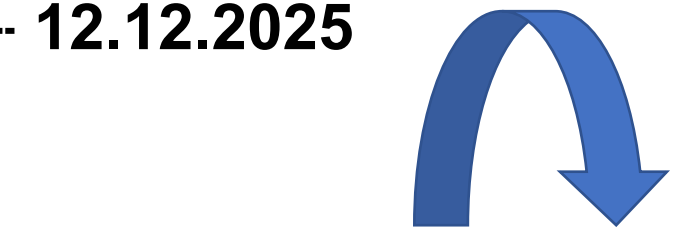




14.11.2025

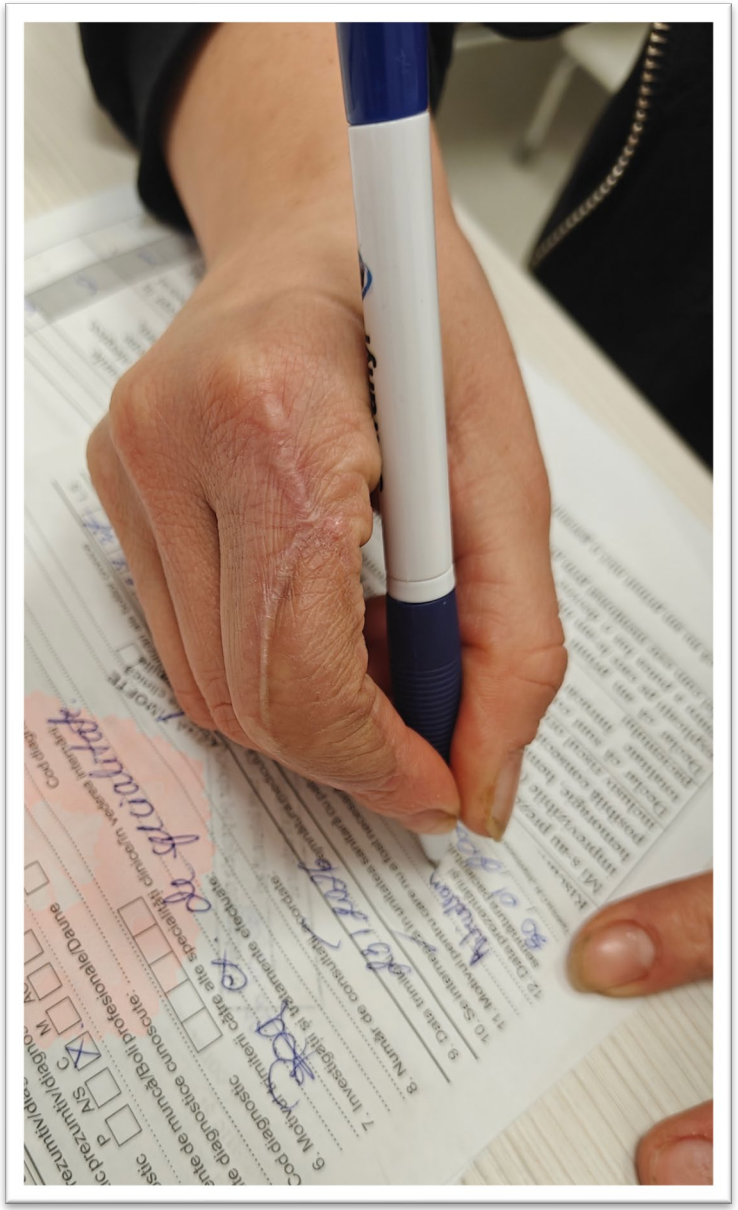


⇠ 12.12.2025





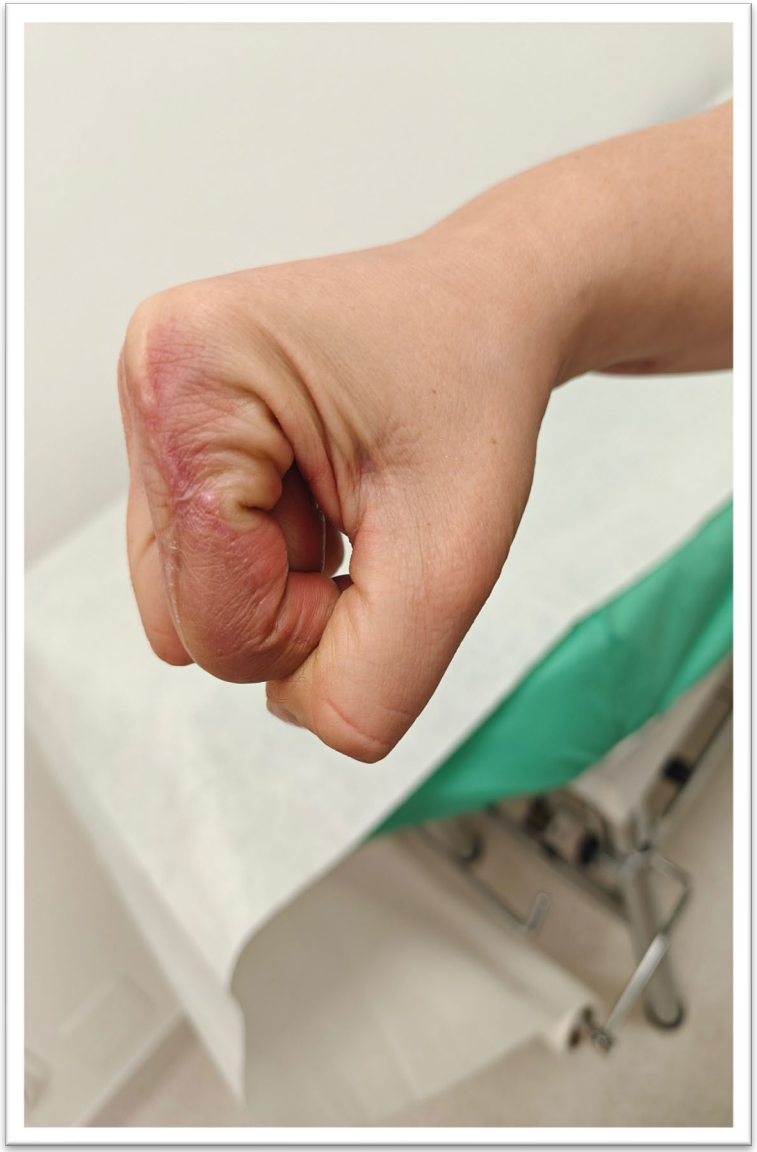
30.01.2026





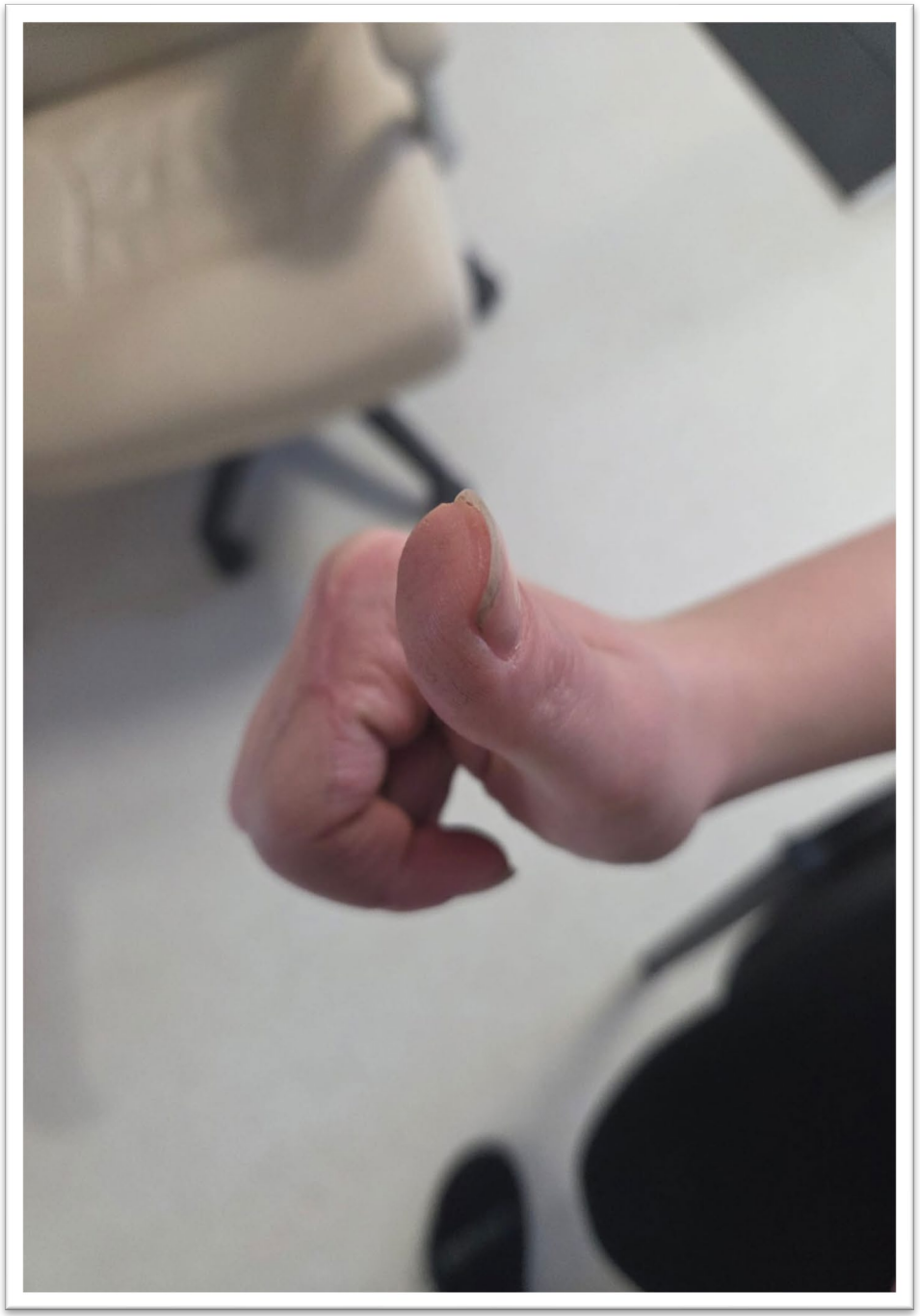


30.01.2026

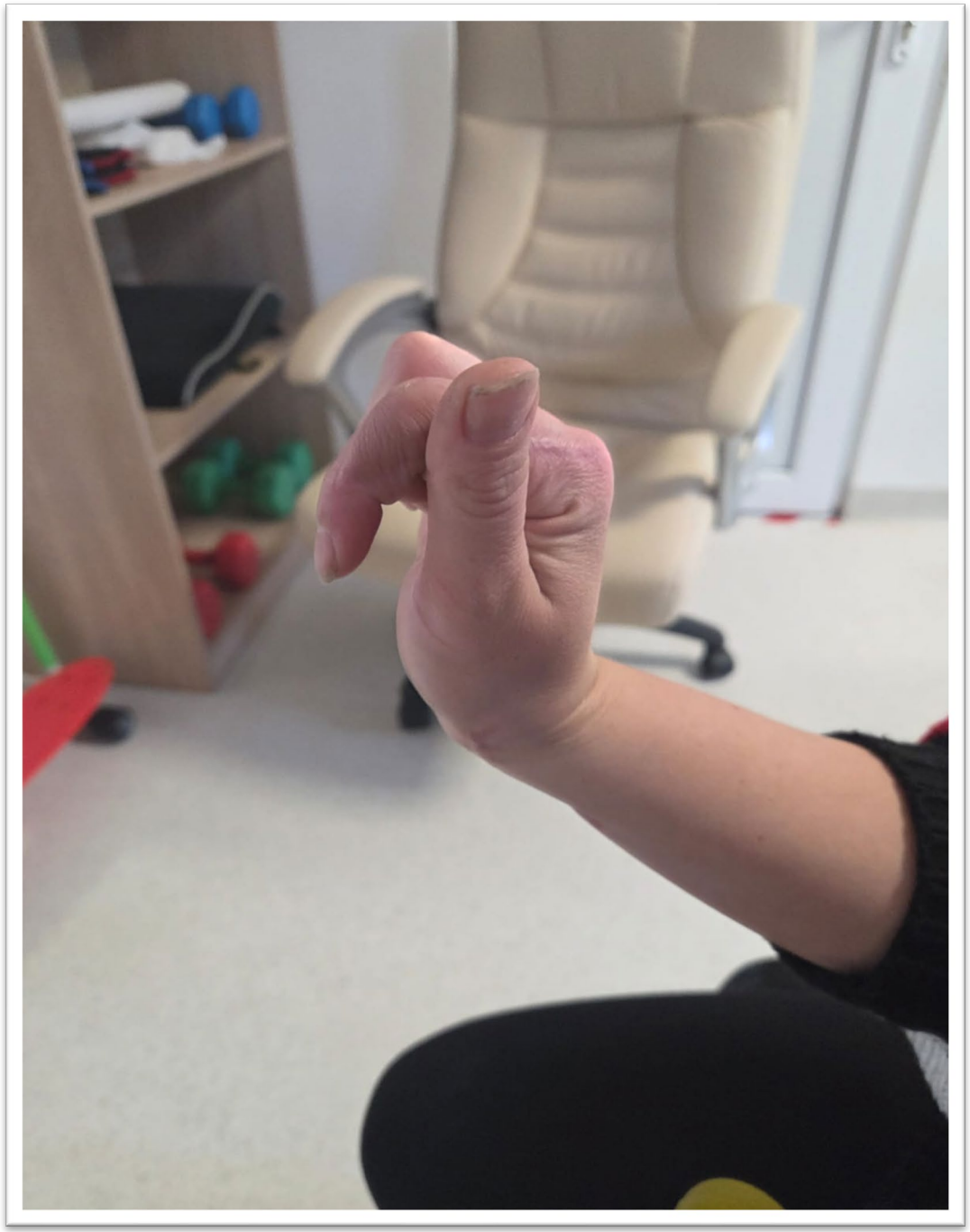


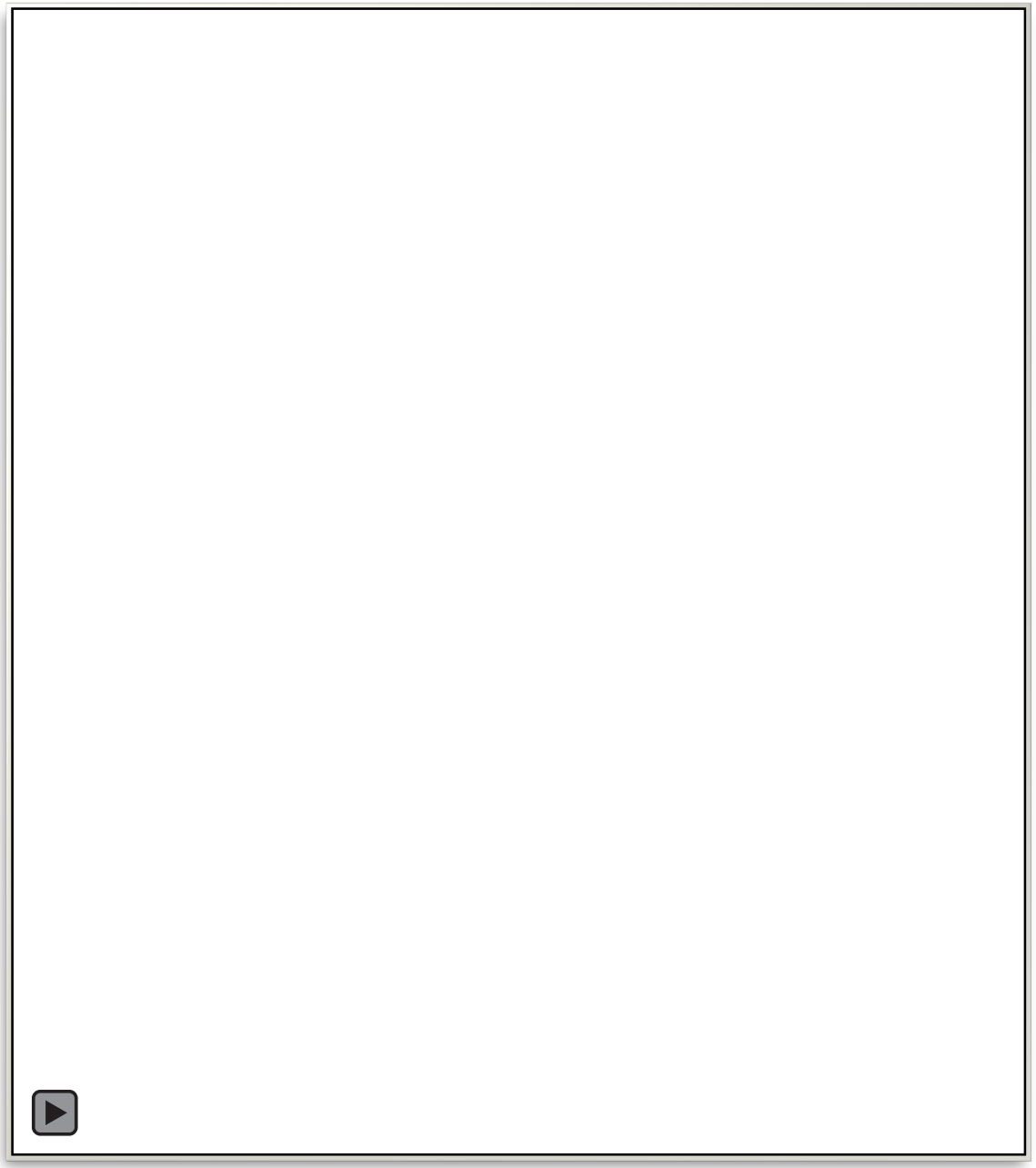






18.02.2026





18.02.2026

ROM 18.02.2026:



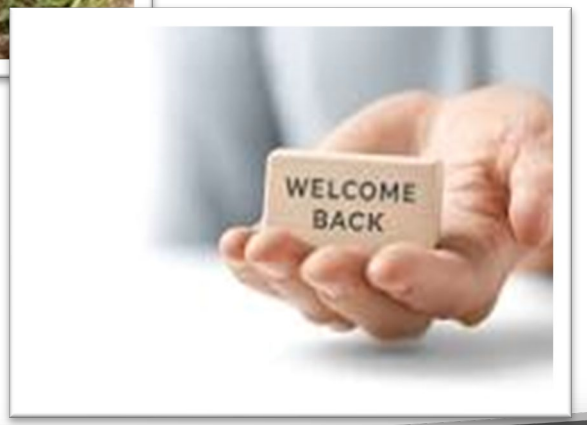
IFP II - flexie = 100º (5º/10º)
IFD II - flexie = 20º (10º/15º)
MCF II:

- Flexie = 90º (15º/25º)
- Extensie = 40º (20º)

RC dreaptă:

- Supinație = 80º (45º)
- Extensie activ/pasiv = 70º (40º/50º)
- Flexie activ/pasiv = 80º (45º/50º)





Scor UEFS 18.02.2026 = 71/80 (89%)







Disclosure statement

The authors have no actual or potential conflict of interest in relation to this program/presentation.



VĂ MULȚUMIM!