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Effects of the application of physiotherapy in patients with ankylosing spondylitis at the Igalo Institute

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Introduction & Aim: At the Institute for Physical Medicine, Rehabilitation and Rheumatology "Dr Simo Milosevic" in Igalo for 40 years the state program of the Government of Norway has been implemented. The program has been implemented from April to mid-October. In this paper we are going to show the results of the application of physiotherapy skills in maintaining and increasing the mobility of the spine in patients with ankylosing spondylitis. We will show the mobility of the trunk using the standardized measurement method of lateral flexion fully applied by the physiotherapist.

Materials & Methods: Twenty-five (25) physiotherapists employed in kinesiotherapy in the second phase of the Institute Igalo have been applying the method of measuring centimeter tape movement lateral flexion of the trunk in 57 patients (32 men or 56.1% and women and 25 or 43.9%) before the start of rehabilitation and after application of therapeutic procedures. In the first group, from April 25 to May 23, 2016 there were 21 participants (13 men and 8 women), while in the second group from May 23, to June 20, 2016 there were 36 participants (19 men and 17 women). The average age in both groups was 58 years.

Results: After the applied therapeutic procedures, the average increase mobility lateral flexion of the trunk to the right amounted to 4.72 cm, while the average increase mobility lateral flexion of the trunk to the left amounted to 4.94 cm. The results of the application of the T-test for paired samples showed that rehabilitation led to a significant improvement in mobility in lateral angle ($p=0.006$ for the lateral right, $p=0.002$ for the lateral left). Wilcoxon signed rank test also showed a significant change in measures of mobility in lateral flexion of the trunk after rehabilitation in relation to the measures before rehabilitation: For the lateral right $Z=-2.791$, $p=0.005$; for the lateral left $Z=-3.136$, $p=0.002$.

Conclusion: Results from this study indicated that for maintenance and especially for the increased mobility of the spine in the area of the body in patients with ankylosing spondylitis successfully applied various techniques and skills that a good command of physiotherapists of the Institute Igalo. The long tradition of successful treatment of various forms of rheumatoid arthritis puts Institute Igalo in distinctive multi-disciplinary rehabilitation centers in Europe.

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