

EFFICACY AND SAFETY OF TRACTION JOIN IN ANKLE ARTHROPATHY. A PILOT STUDY

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INTRODUCTION

Ankle arthropathy in patients with haemophilia is characterized by the limited range of motion (ROM), pain and gait disturbance. Over time, ankle arthropathy produces disability which restricts the activities of daily life of the patient. The joint manual therapy is a technique of Physiotherapy effective for the treatment of limited joint mobility.

OBJETIVES

Assess the effectiveness of joint traction, degree I and II, in patients with haemophilia and chronic ankle arthropathy with limitation the ROM.



Table 1. Ankle joint traction

MATERIAL AND METHODS

We selected 18 patients with haemophilia, and adults diagnosed with an ankle arthropathy (table 1). Nine patients participated in a manual therapy treatment for six weeks with two sessions per week, and a duration of sixty minutes per session.

We did joint traction of ankle with proximal fixation of the ankle, in the highest range of dorsal flexion and plantar flexion without pain (table 1), and applying heat surface before the technique and cold at the end.

The other nine patients formed the control group. All patients were measured with a universal goniometer ROM, and the perception of pain with VAS before starting treatment and at the end of it, six weeks later.

RESULTS

There was significant improvement in dorsal flexion ($p < 0.02$) in both ankles, and plantar flexion and the perception of pain in his right ankle ($p < 0.05$). We found significant tendency in plantar flexion ($p = 0.062$) left ankle. No significant differences in control group.

There was no bleeding in patients in the experimental group during the treatment.

CONCLUSIONS

The joint traction is a valid technique for the treatment of joint limitation in ankle arthropathy.

With a good management of joint traction does not happen ankle haemarthrosis.

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Group	Haemophilia		Phenotype		Diagnostic			Treatment	
	A	B	Severe	Moderate	RA	LA	RA-LA	p	OD
EG	77.8%	22.2%	88.9%	11.1%	44.4%	11.1%	44.4%	66.6%	33.3%
CG	66.7%	33.3%	77.8%	22.2%	33.3%	33.3%	33.3%	77.7%	22.2%

Table 1. Percentages of clinical data from subjects in the sample. EG (experimental group); CG (control group); RA (right ankle); LA (left ankle); RA-LA (both Ankles); P(prophylaxis); OD (on demand treatment).

