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Physiotherapy and Rehabilitation Approaches in a Premature Case with Lower Extremity Anomalies in the Neonatal Intensive Care Unit

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Statement of the Problem: The aim of this study is to reveal the results of physiotherapy and rehabilitation approaches in a premature case with congenital hip dislocation, congenital patella, and quadriceps femoris agenesis followed in the neonatal intensive care.

Methodology & Theoretical Orientation: The baby was born by cesarean section when he was 33 weeks old and weighed 2070gr. When the baby was stable 1 week after birth, General Movements (GMs) and Dubowitz Neurological Examination (DNE) were used to perform the motor assessment of the baby. Within the scope of physiotherapy, massage application to the extremities 3 days a week, double tweezers and positioning, and appropriate positioning and splint applications for the lower extremities (Figure 1) and family education were carried out.

Findings: As a result, there was no change in the GMs (Poor Repertoire, 21) and DNE (Raw score 60, Optimal Score

12/34) results of the baby who was followed up in the NICU for two weeks, but it was observed that the lower extremities were properly aligned.

Conclusion & Significance: In infants with congenital hip dislocation, congenital patella and quadriceps femoris agenesis and physiotherapy follow-up in the NICU, proper positioning and proper alignment in the lower extremities can be achieved with splints, but a long-term follow-up program should be added to rehabilitation.

Speaker Biography

Seda Nur Kemer has her expertise in evaluation and passion in improving the pediatric rehabilitation in physiotherapy area. She has built her experience in years of masters and doctorate degree both in hospital and education institutions. She has been going on studies conducted at Ondokuz Mayıs University and Hacettepe University in Turkey.

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