

REHABILITATION GUIDELINES FOR TIBIAL PLATEAU FRACTURE OPEN

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What is the postoperative protocol for a tibial plateau? Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the third post-operative day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.

How do you rehab a broken tibia plateau? For the first 6 weeks you will do all exercises in non-weight bearing (no weight on your leg). You can do this by doing exercises like straight leg raises on your back and quadriceps activation in sitting or laying down. After 6 weeks, you can start doing partial squats and walking training exercises.

What precautions should be taken after a tibial plateau fracture? Delayed weight bearing is most important in those who have sustained depression fractures. fractures, non-weight-bearing should be maintained for 6-8 wks, with progression to PWB (50%) at that time. After twelve weeks, patients can be full weight bearing if there is radiographic evidence of healing.

How long does it take to walk again after a tibial plateau fracture? If the break is minor, you may wear a hinged knee brace and use a walker or crutches for 8 to 12 weeks. It's important to start moving your knee as soon as you can after your injury or surgery. You may also have physical therapy.

How long non-weight bearing after tibial plateau fracture? Introduction: The standard aftercare treatment (according to the AO guideline) for surgically treated trauma patients with fractures of the tibial plateau is non-weight bearing or partial

weight bearing for 10-12 weeks.

How long is physical therapy after tibial plateau fracture? Physical Therapy For the first 6 weeks this consists of range of motion and modalities while the bone begins to heal. At 6 weeks it progresses to stationary bike riding and more aggressive range of motion. Most patients need about 3-4 months of therapy to regain their preinjury range of motion and strength.

Is it okay to walk on a tibial plateau fracture? Tibial Plateau Fracture Recovery In almost all cases, patients with a fracture must rest their affected knee between 6 and 12 weeks. Resting your knee means that you will not be able to put weight on it, and, in some cases, you may be unable to walk.

What are common problems after a tibial plateau fracture? Stiffness and weakness are common, and physical therapy might help. You may have a permanent limp and need to use a cane or other device. Sometimes, more serious problems need more surgery, hospital stays, or medicine. These issues can include swelling, infection, blood clots, and painful hardware.

Should I wear a knee brace after tibial plateau fracture? If the break is minor, you may wear a hinged knee brace and use a walker or crutches for 8 to 12 weeks.

What is the best position to sleep in with a tibial plateau fracture? Sleeping with a broken leg can be uncomfortable, and sleep recommendations can depend on where your leg is broken. There are two bones in your lower leg: the tibia and fibula. Sleeping on your back is recommended, and the leg should be elevated.

What is the quality of life after a tibial plateau fracture? Altogether, the tibial plateau fracture of type Moore V represents a serious injury; the patient's quality of life is considered to be 44% of their original value after an average of 5 years after considering all parameters.

How to strengthen legs after tibia fracture? Once flexibility and mobility begins to improve, strengthening exercises begin. Tibia fracture exercises include one legged wall squats, leg lifts and leg curls.

How to improve knee flexion after tibial plateau fracture? Straight Leg Raise
Straight leg raises help improve the strength of your hip flexors to lift your leg and

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quadriceps to stabilize your knee. Lie on your back with one leg bent and one leg extended. Tighten the thigh muscle of the extended leg and lift your leg while keeping your leg straight the entire time.

Can you sleep without a brace on a tibial plateau fracture? + Do I need to wear my brace when I sleep? Preferably yes, but you can take it off when you sleep after 2-3 weeks if it's intolerable.

How do you shower with a tibial plateau fracture? It is ok to shower or sponge bathe 2 days after surgery but you must keep your knee clean and dry at all cost! This usually entails keeping your leg outside the shower, using saran wrap or a large plastic bag to protect your wounds. 7.

How long does it take to bend your knee after tibial plateau surgery? You are non-weight bearing in your brace locked in 30 degrees of flexion immediately after surgery. Use crutches for first 6 weeks after surgery. Take the brace off and begin bending the knee while sitting and laying down immediately after surgery.

How long do you have to wear a brace after tibial plateau surgery? The brace will allow for knee flexion up to 90 degrees when unlocked. The brace is usually discontinued about 6 weeks after surgery. The brace should be left in place at all times for the first two weeks after surgery, except during therapy and while taking a shower.

What not to do after tibia surgery? Do not submerge in water until incisions are fully healed, this may take up to 6 weeks. after surgery with hinged knee brace locked in full extension during this period.

What is the post op protocol for tibial nail surgery? Do not engage in prolonged periods of standing or walking during the first 7-10 days after surgery. Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks. You may move your hip and knee as often as you like to reduce stiffness. Please keep the splint clean and dry.

Understanding Bioinformatics: A Q&A Guide

1. What is Bioinformatics?

Bioinformatics is a rapidly growing field at the intersection of biology, computer science, and information technology. It involves the use of computational methods to analyze biological data, such as DNA sequences, gene expression profiles, and protein structures.

2. Why is Bioinformatics Important?

Bioinformatics has revolutionized the field of biology by allowing scientists to handle and analyze vast amounts of data. It plays a crucial role in:

- Drug discovery and development
- Personalized medicine
- Disease diagnosis and prevention
- Understanding the evolution of life

3. What are the Key Tools of Bioinformatics?

Bioinformatics utilizes a wide range of computational techniques and tools, including:

- Sequence analysis: Analyzing DNA and protein sequences to identify genes, mutations, and other genetic variations
- Gene expression analysis: Measuring the activity of genes under different conditions
- Protein structure prediction: Predicting the three-dimensional structure of proteins
- Comparative genomics: Comparing the genomes of different species to identify conserved genes and regions

4. What are the Challenges of Bioinformatics?

Despite its advancements, bioinformatics also faces certain challenges, such as:

- Data deluge: The constant increase in the volume of biological data presents a challenge in terms of storage, processing, and interpretation

- Complex biological systems: Modeling and understanding the complex interactions within biological systems can be computationally intensive
- Ethical implications: The use of bioinformatics data raises ethical concerns related to privacy and potential misuse of sensitive genetic information

5. What is the Future of Bioinformatics?

As data generation and analysis techniques continue to advance, bioinformatics is poised to play an even greater role in the future of medicine and biology. It is expected to contribute to personalized treatments, early disease detection, and advancements in drug development.

Sinopsis Tari Puspawresti: Seni Tari Tradisional Bali yang Menawan

Tari Puspawresti merupakan salah satu tari tradisional Bali yang terkenal dengan gerakannya yang anggun dan makna filosofis yang mendalam. Berikut adalah sinopsis singkat dari Tari Puspawresti:

1. Apa itu Tari Puspawresti? Tari Puspawresti adalah tarian klasik Bali yang diciptakan oleh seniman tari I Wayan Beratha pada tahun 1950-an. Tarian ini terinspirasi dari keindahan bunga puspa warna-warni yang melambangkan harmoni dan keseimbangan dalam kehidupan.

2. Gerakan Tari Puspawresti Gerakan Tari Puspawresti didominasi oleh gerakan tangan yang lembut dan halus, yang menyerupai kelopak bunga yang sedang mekar. Gerakan tubuh juga tidak kalah anggunnya, dengan langkah-langkah kecil dan gemulai. Tarian ini mencerminkan keindahan alam dan keselarasan feminin.

3. Makna Filosofis Selain keindahan estetikanya, Tari Puspawresti juga sarat akan makna filosofis. Bunga puspa yang menjadi simbol tarian melambangkan kehidupan manusia yang penuh dengan dinamika dan keindahan. Gerakan tari yang anggun merepresentasikan harmoni antara dunia luar dan dunia dalam, serta antara manusia dan alam.

4. Kostum dan Tata Rias Penari Tari Puspawresti biasanya mengenakan kostum yang berwarna cerah dan dihiasi dengan bunga-bunga. Tata riasnya juga kental dengan unsur tradisional Bali, seperti penggunaan hiasan kepala yang disebut

gelungan dan makeup yang tebal.

5. Pertunjukan Tari Puspawresti Tari Puspawresti biasanya ditampilkan sebagai tari tunggal atau berpasangan. Umumnya, tarian ini dipentaskan pada acara-acara sakral, seperti upacara keagamaan atau pernikahan. Tarian ini juga sering menjadi bagian dari pertunjukan tari tradisional Bali yang lebih besar.

The Untameable Texan: Texas Cattleman's Club Endures Hurricane Janice

In the aftermath of Hurricane Janice, the Texas Cattleman's Club has emerged as a beacon of resilience, demonstrating the indomitable spirit of the Lone Star State. The following questions and answers shed light on the club's herculean efforts amidst the devastation:

Q: What extent of damage did the club sustain during Hurricane Janice? A: Hurricane Janice left a trail of destruction in its wake, causing significant damage to the Texas Cattleman's Club's facilities. The hurricane's relentless winds toppled trees, uprooted shrubs, and shattered windows.

Q: How did the club respond to the devastation? A: With unwavering resolve, the club's members immediately mobilized to assess the damage and begin the arduous task of cleanup. Volunteers worked tirelessly to clear debris, repair broken infrastructure, and salvage what could be salvaged.

Q: What role did the club play in the community's recovery efforts? A: The Texas Cattleman's Club served as a vital hub for the surrounding community. It provided a place for residents to shelter from the storm, charge their devices, and access supplies. The club also organized volunteer efforts and distributed food and water to those in need.

Q: How did the club manage to overcome the challenges posed by Hurricane Janice? A: The club's success in overcoming adversity can be attributed to the unwavering dedication of its members, the support of the community, and the club's own preparedness measures. By working together and drawing upon their vast experience, the club was able to weather the storm and emerge stronger than before.

Q: What is the legacy of Hurricane Janice for the Texas Cattleman's Club? A:

Hurricane Janice will be forever etched into the collective memory of the Texas Cattleman's Club. The club's resilience and unwavering commitment to its members and the community serve as a testament to the indomitable spirit of the people of Texas. The club will continue to stand as a symbol of hope and unity in the face of adversity, proving that even the most ferocious storms cannot tame the spirit of the Lone Star State.

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