L'utilisation des orthèses thermoplastiques sur mesure dans la rééducation de la main dans un pays du Sud

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INTRODUCTION

- Hand surgery and hand physiotherapy have quickly development in occident and asia during past 30 years
- Every city want his SOS Main
- Thermoplastic splinting are usually use for rehabilitation of the hand
- In Africa and specially in our country it was recently

objective

Evaluate the use of thermoplastic for hand rehabilitation in Cameroon

METHOD

Retrospective study: 6 months, december 2014-may 2015

All patients take care in our center

Thermoplatic splinting was done for hand and upper limb rehabilitation

20 patients, age 28,39 y (1 month – 69 y) male 14

Left side: 10, rigth 8 and bilateral: 2

All splint was done by:

- our two physiotherapist attend to Cameroonian diploma of hand rehabilitation
- and the hand surgeon of center

Some of splint was done by the supervison of senior hand therapist member of Gemmsor

Alex PERRET

RESULTS

29 splints was done

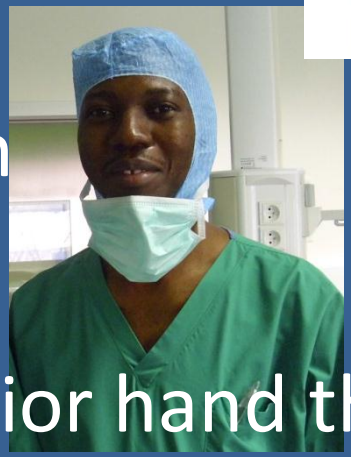
- 14 patients have 1 splint
- 5 patients have 2 splints
- 1 patient have 5 splints

Wrist splint was the more ofen: 5

Enroulement and digital Elliot: 4 for both

- 18 splints was done by physiotherapist

- 11 splints by the hand surgeon



- 10 of 29 splints was under senior hand therapist supervision

- in 2 cases, the patient was not happy for his splint

DISCUSSION

- Recently introduce in our country, thermoplastic splinting have now a major place in hand rehabilitation in our center
- Many study show the avantage of thermoplastic in hand rehabilitation
- they need to be vulgarized in our African country
- We agree with Allieu that the hand surgeon is a hand physiotherapist. He need to be interested by hand splinting

Merci pour votre attention