

ORTHOPEDIC UNIT



Orthopedics is a medical specialty that is focused on the musculoskeletal system, which includes bones, tendons, muscles, tendons, ligaments, joints, and nerves.

EQUIPMENT

- knee braces
- Surgical Driving Unit
- Bone cutting, drilling & reaming systems
- Battery Operated Bone Drills
- Plaster Cutter

PERSONNEL

- Orthopedic surgeons
- Nurses

CONVERSATION

Nurse: Good day, Mr. Atkins. How are you?

Patient: Good day. I'm good. Thank you for asking. Is Dr. Johns in today?

Nurse: Yes, he is. You're here for your check-up, aren't you? He is expecting you in his clinic.

Patient: Thank you.

Patient: Good day, Dr. Johns.

Doctor: Good day, Mr. Atkins. How are you? Are you feeling much better now?

Patient: Yes doctor, I am. I still have the symptoms though every now and then.

Doctor: Sadly, Mr. Atkins. Parkinson's Disease invariably progresses with time. Typically, motor symptoms, if not treated, advance aggressively in the early stages of the disease and more slowly later. Untreated, individuals are expected to lose independent ambulation after an average of eight years and be bedridden after ten years. Medication has improved the prognosis of motor symptoms although levodopa is likened to a double-edged sword. It is also a new source of disability because of the undesired effects after years of use.

Patient: I see. It will take time for me to accept all you've just said doctor. Anyway, the tremors are still there and the slowness of movement. Are those normal?

Doctor: Tremor, rigidity, slowness of movement, postural instability. These four are considered as cardinal in Parkinson's. Tremor is the most apparent and well-known symptom. Do you remember the "pill-rolling" feature I mentioned to you before?

Patient: Yes, I remember. It is the tendency of the index finger of the hand to get into contact with the thumb and perform together a circular movement.

Doctor: Yes. While the slowness of movement or bradykinesia is the most disabling symptom in the early stages of the disease. A patient usually has difficulties along the whole course of the movement process, from planning to initiation and finally execution of a movement. On the other hand, rigidity is characterized as stiffness and resistance to limb movement caused by increased

ORTHOPEDIC UNIT



muscle tone, an excessive and continuous contraction of muscles. Later in the later stage of this disease, postural instability would become distinctive.

Patient: Alright.

Doctor: Regular physical exercise with or without physiotherapy can be beneficial to maintain and improve mobility, flexibility, strength, gait speed, and quality of life. However, when an exercise program is performed under the supervision of a physiotherapist, there are more improvements in motor symptoms, mental and emotional functions, daily living activities, and quality of life compared to a self-supervised exercise program at home. I recommend you this Mr. Atkins.

Patient: Okay, doctor. I'll try to follow all your advices. Thank you very much.