

REVIEWS

The protocol scheme for the rehabilitation of the painful dysfunctional syndromes of the wrist-hand-finger complex

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Abstract

Regardless of the pathology of the wrist-hand-finger complex (rheumatologic, orthopedic, traumatic, peripheral neurological diseases) or the therapy required (surgical or pharmacological), the final aim for the patient is independence in the activities of daily living, and social and professional reintegration.

These goals can be reached only with a functional rehabilitation program, with improvement of the quality of life on all levels – physical, functional, psychological, professional and economical.

The authors propose a synthesis regarding the approach of the painful dysfunctional syndromes of the wrist-hand-finger complex, organized in therapeutic protocols easy to understand and to use by all specialists involved in this pathology.

Keywords: wrist-hand-finger complex; painful dysfunctional syndromes; functional rehabilitation; therapeutic protocol.