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Exercise was Impeded by the Blood Flow after an Ankle Fracture

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Abstract

This study was conducted to determine whether individuals who had broken only one ankle could benefit from blood flow restricted exercise (BFRE) as a form of rehabilitation. Investigation of plausibility utilizing a planned partner approach. The criteria included being over 18 years old and having unilateral ankle fractures. Rules for rejection:Considerations include cancer, diabetes, high blood pressure, and a family history of cardiovascular or vascular diseases.The three factors that went into determining the predetermined feasibility outcome were the patients' familiarity with the BFRE protocol and the absence of any serious adverse events.

Keywords: Blood Flow

Introduction

Ankle fractures, which account for nearly 10% of all bone fractures, have an annual incidence of 169.7 per 100,000 people. The restoration of normal joint function is the primary objective of ankle fracture treatment. Depending on the classification of the fracture and any associated bone and ligament injuries, the acute management of ankle fractures can be either surgical or non-surgical. The majority of patients undergo a prolonged period of relative immobilisation with partial or no weight bearing following the initial treatment to ensure accurate bone union. Skeletal muscle atrophy and joint range of motion loss are common side effects of prolonged immobilisation [1-3]. In healthy college students,

Measuring Secondary Outcomes

On a 5- in Like cale, ne e i n(e y m ch, m ch, ni e / n , n , n a all) a ed a e a ien y acce a nce f ai n a nd di c mf d i ng ea men a e each BFRE e i n:

H acce able did y nd i be i n ai n di c mf d i ng he BFRE e i n?

On a 5- in Like cale, a ien e e a ked h ec e he y fel a e each BFRE e i n, a nd hei e n e e e: e y m ch, m ch, ni e /n , n , n a all.

H did y feel afe d i ng da yy BFRE e i n.

Muscle Function Outcomes

While he a ien a ea ed n a n e ami na i n able i h 60 deg ee f knee e i n, a a -m n ed dy nam me e a ached he all (Mecme in AFG2500, Mecme in L d., We S e , UK) a ed mea e he a ien y bila e al ma im m i me ic knee-e en i n e ngh. A a nda d a nd f ll i ng he m ecen BFRE mee i ng, he m e emei me ic knee-e a n i n e ngh a achie ed.

Th i ng ha a e bad:Se i ad e e e en (SAE) a e h e ha e l in h i ali a i n, l nged in a ien ca e, e- ge y, if he AE i life- h ea eni ng a nd ca e dea h, e ma nen di abili y, damage. A ny nde i able cc e nce ha cc ed d i ng f ll -a c n ide ed a n AE.AE a nd SAE e e ga he ed a each BFRE e i n.

Results

Ba eli ne i nf ma i n like age, ge nde , heigh , eigh , BMI, a nd AO cla i ca i n e e ga he ed a i ncl i n/ba eli ne. I ndi id al a ien fea ibili y da a e e ga he ed f ll i ng each BFRE e i n.

Feasibility Outcome Questions and Criteria

Ba ed n y c en kn ledge a nd e e ie nce, h likely i i ha y ld ch e BFRE ai ni ng if y had a n a nkle f ac e m ?

Th e ea n f hi e i n i e y he a ien y ge ne al i n l eme n i n a aki ng i n he BFRE e a i ng a e al e leg b eak, a ell a hei ie i n i h e ec nea i ne a nd nce ai n y d i ng he e a a i n a nd hei a a e n a nd a n ici a ed e l .

H likely a e y ec mme nd BFRE ai ni ng famil y a nd f ie nd gi e n y c en kn ledge a nd e e ie nce?

Th i e i n aim nd h a ien feel ab h m ch BFRE ai ni ng ca n be e ed e le i h a nkle f ac e i n ge ne al.

A lea 75% f a ien a n e ed b h e i n ab hei e e ie nce i h he BFRE c l i h c e f 4 highe n a 5- i n Like cale, hich a a ede ned fea ible c me. F ll i ng he c ncl i n f he nal BFRE e i n, he fea ibili y e l a e al a ed.Th e e n e cale a a f ll : e y likely, e y likely, nei he / , n likely, a nd n a all likely. Addi i nally, fea ibili y ill be de e mi ned by he ab e nce f a ny e i ad e e e en (SAE).A each BFRE e i n, SAE i nf ma i n a ga he ed. E en ha ca e damage, dea h, e ma nen di abili y, life- h ea eni ng c ndi i n e e ede ned.

Conclusion

I a ea ible e BFRE ea ly i n a ien i h nila e al a nkle f ac e h d n ha e ig ni ca n c m bidi ie !Th e BFRE i n e en i n a highly ega ded by he en i e a ien la i n. Th e e e n e i a n ag ni ic i ncide n ha e e ealed, ega dle f he ma nne i n hich he e ie a n f eled f he e e l . F ll i ng nila e al a nkle f ac e , BFRE ai ni ng may ha e he en ial eed ehabili a i n a nd im e c me . A la ge- cale c n ma y ial ill be ne f m hi dyy ndi ng .

References