**PRIMJENA FLOSSING METODE KOD NEUROLOŠKOG PACIJENTA - PRIKAZ SLUČAJA**

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**SAŽETAK**

Moždani udar je najčešći uzrok invalidnosti u svijetu. Neurološki deficiti koji se razviju nakon moždanog udara razlikuju se kod svakog pacijenta, a ovise o vrsti, veličini i lokalizaciji primarnog oštećenja. Koristeći procjenu motorike, fizioterapeut pokušava prepoznati sve nedostatke koji utječu na probleme pokretanja i sprečavaju obavljanje svakodnevnih aktivnosti. Flossing metoda je mobilizacijska metoda koja se temelji na izmjeničnim kompresijama i otpuštanjima segmenta, a koristi specijalizirane lateks trake različite duljine, širine i jačine natega. Aplikacijom trake postiže se mobilizacija fascije i potkožnih tkiva, aktivacija proprioceptora, regulacija mišičnog tonusa i povećava se prokrvljenost te opseg pokreta. Cilj ovog rada je istražiti utjecaj flossing metode na tretman pacijentice nakon preboljelog moždanog udara, s hipotezom da će imati pozitivan učinak na poboljšanje stabilnosti, samostalnosti, ravnoteže i hoda. Pacijentica je tretirana flossing metodom 2 tjedna kroz 10 tretmana, nakon Bobath terapije. Koristile su se dvije flossing trake različite debljine, a aplicirale su se s 40% natega. Učinkovitost metode provjerila se pomoću 4 testa: *Joint position sense, Timed Upand Go Test,Two-point Discrimination Test* i *Berg Balance Scale*. Pozitivne promjene su se pokazale kod 3 testa: skraćenje TUG-a za 4 sekunda, pozitivan TPD za razmak veći od 15cm i poboljšanje BBS za 6 bodova. Iz rezultata se zaključuje da se flossing metoda može pouzdano koristiti kao komplementarna intervencija u tretmanu neurološkog pacijenta u kontroliranim uvjetima. Posebna vrijednost ove metode je trenutan osjećaj napretka i promjene što dobro utječe na motivaciju pacijenta. Potrebna su daljnja istraživanja primjene flossing metode u neuroloških bolesnika, s duljim trajanjem procesa rehabilitacije i većim brojem pacijenata.

**Ključne riječi: fizioterapija, neurologija, flossing metoda, moždani udar, neurološka rehabilitacija**

**APPLICATION OF FLOSSING METHOD IN NEUROLOGICAL PATIENT - CASE REPORT**

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**SUMMARY**

Stroke is number one disability cause in the world. Neurological wantage that develops after the stroke vary in each patient, depending on type, size and localization of the primary damage. By using motor assessment, therapist tries to recognize all neurological deficits that influence motion difficulties and prevent everyday activities. Flossing is compression and release based mobilization method that uses specialized latex bands that vary in length, width and tension strength. With its application fascial and subcutaneous mobilization is achieved, as well as the activation of proprioceptors, increased blood flow, muscle tonus regulation and increased range of motion. The goal of this research was to explore the effect of flossing method on the outcome of the treatment of a stroke patient. The hypothesis was that it will have a positive effect on patients stability, independence, balance and gait. Patient was treated with flossing method during the 2 week period and 10 treatments, after receiving treatment that included Bobath concept. 2 elastic flossbands were used and applied with 40% tension - first was 1.1mm thick and 5cm wide, second was 1.3mm thick and 5cm wide. Efficiency of the flossing method was reviewed by 4 specific tests: *Joint position sense, Timed Up and Go Test, Two-point Discrimination Test* and *Berg Balance Scale*. The results showed positive change in 3 of those test: *Timed Up and Go Test* result improved by 4 seconds, *Two-point Discrimination Test* became positive for range over 15cm and *Berg Balance Scale* score increased by 6 points. Taking these results into account, flossing method can be used as an addition and complementary intervention for the treatment of the neurological patient with controlled conditions. Special value of this method is the current progress and change feeling that helps the patient and does well for patient's motivation. Further research of the application of flossing method is definitely needed, but with a longer period of rehabilitation and larger number of patients.

**Key words**: **physiotherapy, neurology, flossing method, stroke, neurological rehabilitation**

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