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АСОЦИАЦИЯ ПО ФИЗИКАЛНА МЕДИЦИНА И РЕХАБИЛИТАЦИЯ**

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THE ROMAN BATHS IN BULGARIA

A. Grozeva

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ABSTRACT

In Roman times, important routes connecting the eastern provinces with Rome passed through Bulgaria. During the long way, the troops needed to recover strength and preferred to stay in settlements with mineral springs. These settlements flourished, enjoyed special status and could boast of many privileges. There is an abundance of archaeological evidence across the country, attesting to the existence of Roman baths and large settlements around them. In present times, the majority of these continue to exist as famous balneological resorts.

There are impressive remains of the Roman baths in the towns of Varna /Odessos/, Hissarya / Augusta/, Sofia /Serdika/, Kyustendil /Pautalia/, Bourgas /Aqua Calidae /, Sandanski / Dezudava / and the village of Ognyanovo /Nikopolis ad Nestum/. A number of evidence has been found documenting the therapeutic effect of the mineral springs mentioned, which were frequented and valued by the Roman rulers and army leaders.

By studying the Roman baths, modern-day balneologists have a lot to learn from the method mineral baths were set up and organised as centres of cultural and social life 20 centuries ago.

Key words: *Roman baths, archaeology, balneological resorts*

REHABILITATION AFTER HIP JOINT ENDOPROSTHESIS

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ABSTRACT

The endoprosthesis of the hip joint is a highly effective treatment procedure for both femoral neck bone fractures and advanced coxarthrosis, which decreases the pain and minimises the degree of patients' disability. Joint replacement (alloplasty, endoprosthesis) is currently one of the most wide-spread surgery procedures in orthopaedics and traumathology. The necessity of rehabilitation of patients after surgery has been discussed in medical literature for several decades now, yet the specific components, frequency and progress of the post-surgery rehabilitation program are still not standardised. These programs in Europe are performed according to protocols based more on the personal experience of the specialists in the respective rehabilitation departments than on proven medical studies and experiments concerning the effects of different kinesitherapy methods on both the hip joint itself and the patients' overall functional recovery.

Key words: *joint replacement, hip joint, physical medicine, rehabilitation*

REHABILITATION ACTIVITIES FOR THERMAL INJURIES

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ABSTRACT

Objective: *To prevent complications after burning.*

Methods of study: *assessment of breathing, functional assessment of affected areas and assessment of trophic characteristics and muscle imbalance.*

Methods: *inhalation therapy, passive and active kinesitherapy exercises, treatment of thermal injury by means of preformed physical factors.*

Results: *For the past six years, 180 patients have been treated for different types of thermal injuries and complications.*

Conclusion: *Physical medicine and Rehabilitation is an interdisciplinary major intervening with patients during the first few hours a thermal injury occurs. We believe that even if a surgery is perfectly performed, without the participation of the rehabilitation teams, a quick and timely resocialisation as well as restoration of the impaired functions of the patients who had suffered thermal injuries would be impossible.*

Key words: *thermal injuries, early rehabilitation, impaired functions*

REHABILITATION PROTOCOLS AND TREATMENT OF PATIENTS WITH POLYTRAUMA

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ABSTRACT

I. Purpose: *To reduce the disability likelihood for patients and to allow for fast recovery and resocialization.*

II. The Methods *of study applied are of diagnostic nature: imaging, laboratory tests such as an active monitoring of hemodynamic status, functional assessment of respiratory indicators, and a locomotor system deficit. Methodology: early passive and active individual rehabilitation therapy.*

III. Outcomes: *For the past 3 years, 31 patients were treated with severe polytrauma that was almost beyond normal limits.*

IV. Conclusion: *The combined effects of severe injuries are a serious, socially significant problem as they often disable patients for a long period of time, even by the end of their lives sometimes. Therefore, what is necessary is an individual and systematic early rehabilitation to prevent complications. The major etiological factor for traumatic diseases is the mechanical injury caused with a great force. The recent few decades, part of the high-speed, high-tech industries era and demographic transition, are characterized by restructuring of pathology, which is a particular cause of death.*

Key words: *rehabilitation, polytrauma, blood loss, fracture stabilization*

