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A Multidisciplinary Approach to Rehabilitation in Cranio-Maxillofacial Surgery

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Objectives The aim of the study is to demonstrate the outcome of rehabilitation after surgical procedures of the facial part of the cranium.

Methods The group included in the study consisted of 132 patients (18-85 age) treated in the period between 2020 and 2022. There were patients suffering from craniofacial injuries, oncological, orthognathic, as well as patients with other conditions. Performed procedures most often included: lymphatic drainage, scar therapy, kinesiology taping, mobilisation of the temporomandibular joints and respiratory therapy.

Results Thanks to the implementation and development of various physiotherapeutic techniques, in 79,2% of the cases the correct range of mandibular abduction was achieved, in 83,2% - reduction of pain, as well as a satisfactory cosmetic effect in 90,9% of the patients.

Conclusions The developed rehabilitation methods enabled to set up an algorithm for multidisciplinary treatment of diseases of the facial part of the cranium.