Anke Van Der Merwe, Dentistry 2017, 7:10 (Suppl)
DOI: 10.4172/2161-1122-C1-027

The development of a physiotherapy intervention program for mandibular condyle fracture patients

Anke Van Der Merwe
University of the Free State, South Afrcia

Introduction: The need for physiotherapy intervention in the treatment of mandibular condyle fractures has been highlighted. No unifying criteria are currently available regarding a post-surgical functional exercise program for patients who sustained mandibular condyle fractures.

Aims & Objectives: The study aimed to develop a proposed post-operative functional exercise program for patients who sustained mandibular condyle fractures.

Design: Quantitative, non-experimental study, by means of a Delphi questionnaire.

Methods: Data obtained from literature and a previously conducted needs analysis was used to compile the Delphi questionnaire with statements regarding the type and dosage of a suitable physiotherapeutic treatment protocol. The questionnaire was distributed amongst 20 experts (national and international) in the fields of physiotherapy, maxillo-facial surgery and dental surgery. A convenience sampling method was used to select appropriately trained participants for the Delphi review panel.

Results: By utilizing the Delphi technique, a suitable physiotherapy intervention program for mandibular condyle fracture patients was developed. Inter-reviewer consensus was reached regarding what each exercise entails, as well as what in-hospital physiotherapy visits should be comprised of. Stability was reached regarding the commencement and dosage of the various jaw exercises.

Conclusions: Experts in the field proposed that physiotherapists should provide post-operative rehabilitative therapy for mandibular condyle fracture patients. The proposed post-surgical intervention program provided in this study can serve as a baseline for implementation in further research studies. The advantages of referring mandibular condyle fracture patients to physiotherapy were also presented.

Biography

Anke Van Der Merwe has completed her MSc degree in Physiotherapy in 2013 at the University of the Free State and is currently enrolled as a PhD student at the same university. She is a Lecturer in the Department of Physiotherapy in the cardiopulmonary field. She has published two papers in the South African Dental Journal and serves on the Health Sciences Research Ethics Committee.

gonzalesa@ufs.ac.za

Notes: