FİZİK TEDAVİ VE REHABİLİTASYON  
BİLGİLENDİRİLMİŞ ONAM FORMU, RUSÇA

0M3WOTEPAnMfl M PEABHJ1MTAI4MR

MHOOPMALIHOHHbİM BJ1AHK flJlR nOTIYMEHHR C0I71ACMR HA

LJenbK) HacToaıuero HH0opMai4MOHHoro 6ji3HK3 HBJifleTCA oöecne-ıeHne Baıuero yMacrnfl b npnHUMaeMOM OTHocuTenbHo Bac peıueHnn, nyreM npeflocTSBJieHns BaM HH0opMaunn o coctoshhh Baıuero 3flopoBbJi.

Hapsıay c TeM, hto HacTOfliunn ÖJiaHK onncbiBaeT MHorne acneKTbi, oTBeHatoıune Ha Bonpocbi öonbiıiMHCTBa nauneHTOB no MHornM oöcTOHTeribCTBSM, oh He flonxeH BocnpnHHMSTbca kbk AOKyMeHT, KOTOpblH OnMCblBSeT BCe pklCKH no BCeM 0OPM8M M BMflSM JieHeHHfi. B3LU JieHSLUHK BpSH MO>KeT npeflocTSBHTb B3M OTJiHMSKDiuyıocfl nnn flonojiHHTejibHyıo MH0OPM8UHK) b 33BHCKMOCTH ot BSLuero MHAHBklflySJlbHOrO COCTOSlHHfl 3,qopOBbfl.

Cornscue hjih otk33 ot npose/ıeHHsı npezyi8rseMbix npoıjeflyp, nocne 03H3K0MJieHns c nocrsBJieHHbiM flnsrHO3OM, nojibson hjih bosmo^hbimh pncK8MH ot MeflmiMHCKoro unu xnpyprnMecKoro BMeW3TeribCTB3, 33BHCMT TOTIbKO OT B3LBerO JlHHHOrO peLUeHHfl. Bbl Bnpase OTK333TbCS1 OT BSLJJerO HH0OpMHpOB3HHA HJİH Xe BnpBBe B JllOĞOe BpeMfl OTO3B3Tb BSUie cor/iscne, 33 HCKJltOHeHHeM CJiynseB, KOI7J3 BMeilIBTeJlbCTBO flBJiaeTCfl KDpnflHHeCKOH HJİH MeflHLlHHCKOH Heo6xO(QHMOCTblO

Hto Takoe <î>M3HOTepanM5i?

OH3H0TepanH!A - 3to He0apM3Konorn'-ıecKHH bha JieneHHP, KOTopbin npnMeHsera npn 6ojıe3Hax MbnueHHO-CKejıeTHOH cncreMbi hjih xe /yifl nojıyneHHfl Apyron nojib3bi. MoxeT npHMeHHTbCJi kbk b AonojiHeHHe k nepopajibHOMy JieneHHio, tsk h OTfleJibHO.

KaKHe rioflxoflbi Hcnojib3ybOTCH npw nocTaHOBJieHkin flnarHO3az JleneHMH w HaöjiKjfleHMM b OTfleneHMM 0M3MOTepannw m Rea6nnwTai4KW?

B OTflejıeHHH cj3H3HOTepanHn h peaönjiHTaıiHH nposo^nra nocraHOBJieHne flnarHosa, Jienenne h HaöJifozjeHne 33 ocrpbiMH h xpoHnLiecKHMH cocTOflHHflMH cjıeflyıoLHHX 6ojıe3HeH h coctohhhh:

* Bce 6ojıe3HH MbiLueHHo-CKejıeTHOH cncreMbi,
* Bce peBMSTHHecKne 336ojıeB8HHS,
* Bojıesbie cocto^hhji,
* 33LHeMJieHHfl HepBOB,
* UepeöpocnHHSJibHbin h nepn0epHHHbin nspsriHH,
* 1/İHcyjibT h LieHTpsjibHbin nspejiHH,
* XeCTKOCTb H TBepflOCTb-OrpSHHHeHHOCTb flBH>«eHnfl CyCTSBOB,
* MbILLieHHBfl CnSCTHHHOCTb,
* JİHMCjDefleMS, KOTOpsa Bbl3blB3eT OTeK B pyK3X hjih Horsx
* nepeJlOMbl H TpSBMbl.

<t>H3HOTepannfl h pesönjınTsunjı oöecneHHBseT B03M0XH0CTb 30c|3eKTnBHoro JieneHH^ MHornx 6one3Hen h xpoHnnecKHX 6ojıeBbix coctohhhh, 0yHKi\_ınoH3JibHbix orpsHHHeHHH, Korfls MeflnunHCKoe (MeflHK3MeHTO3HOe) H OnepSTHBHOe JieneHHe He B03M0XHbl.

OnsnoTepanHA h pesÖHJiHTsuna Moryr öbiTb Heo6xoflHMbi h nojıe3Hbi, Korfls MeflHLiHHCKoe h onepsTHBHoe nenenna ABJi^ıora HeAocT3TOHHbiMH-He300eKTHBHbiMH-6ecnoJie3HbiMH, ecrin cyıuecTByeT BeposTHocrb nporpeccnpoBSHna 6ojıe3HH hjih npnHHTns eıo xpoHnqecKoro xsp8KTep8/ ecjın exeflHeBH3H >KH3Hb 0K33biBseT HersTHBHoe BJiHHHne hjih pa3BHJiscb HHBajınflHocTb.

Kakkie MaHnny/iHijHM BmıtoMaeT (DusnoTepanua w Pea6nnmauna?

B 3aBncnMocrn ot coctoshus 6ojıe3HK nnannpyeTcs nonxon^maa $w3noTepanns. <t>M3HOTepanna Ao/DKHa ocymecTBJiflTbca non HanaopoM cneunajıncTa. Takas nporpaMMa neneHns moxbt BknfonaTb Me/ınKaMeHTO3Hoe neMenne n npnMenenne MeTonoB $M3KOTepannn, a Tak>ke oaho hjih Heckoribko TepaneBTnqecKwx ynpa>KHeHMM.

PlpnMeHseMas 0n3WOTepanns MO>xeT Bk/ııoMaTb b ceös onun kjih Heckoribko TepaneBTnqecKMX MeTonoB, Taxnx Kak:

* npnMeHeHne xonona,
* rioBepxHocTHoe npnMeHenne Ten/ıa (nH0pakpacHoe K3JiyMeHnez ropsnee BnaxHoe oöepTbiBanne, napa$nH, BnxpeBas BaHHa),
* r/ıyöokoe Tenno (y/ibTpa3Byk, kopoTkOBOJiHOBas nnaTepMns, panap),
* 3/ıeKTpoTepanns (qpeckoxHas 3nekTpoHewpocTWMynsuns, anekTpocTMMynsuns, BakyyMHoe BO3flencTBMe, AnaflHHaMns, rajibBaHo-0apaflM3auns)z
* ruflpoTepanns (kOHTpacTHas BaHHa, neMeHne MHHepanbHbiMK BonaMK, noflBOflHbin Macca>kz anekTporanbBaHMMeckas BaHHa, BnxpeBas BaHHa),
* MexaHOTepanns (Mo6nnn3aııws n MaHunynsuns, Tpakuns, nneBMaTMMeckas kOMnpeccws, LnnHnpoBaHnez ckoöbi, kopceTbi, 6annax, Tpocrb w flpyrne onopbi),
* kOMiuıekCHas 0n3MMeckas Tepanns (pyMHon nnM0onpeHax m JinM0aTHMeckas neHTa),
* JleMeÖHbie ynpa>kHeHws.

KaKOBa fljiMTejibHocTM 0M3MOTepannw?

A^nTenbHocTb K3MeHseTcs b 3aBHCnMocrw ot 6one3Hnz ka>kflbiM ceanc zyınTcs 1-1,5 Maca, kypc cocraBTiseT 10-20 ceancoB.

5one3HeHHbi jim MeTOflbi <DM3MOTepannw?

BojibHon He oıuymaeT 6onn npıı npoBefleHMn 0n3MOTepannn. OflHako ec/ın y öoribHoro KMeeTcs orpaHHMenne noflBnxHocrn cycraBos, HanpkiMep, ecrin oh He Mo>xeT noflHSTb njıeMO, Torna 0H3WOTepaneBT OyneT npnMeHSTb pacTsrnBaıoıune ynpaxHenws, w öo/ibHon MO>xeT oınymaTb nerkyra ÖOJlb.

KoMy ripoBOflRT ct>w3KOTepannK)?

On3noTepannK) npoBonsT TeM, y koro no kakon-nnöo npnMMHe hmciotcs 6onn nnn Hapyıııenns 0yHkLiKOHanbHocTK b cycraBax nneM, pyk, Hor, nokren, cron w sanscrnn, b Tkansx BOkpyr hmx, b noscHMue, cnKHe, tuee n t.a., OonbHbiM Bocna/iKTenbHbiMK peBMaTWMeckWMW 3a6oneBaHWSMK He b nepnon obocrpenns, TeM, y koro, nocne onepaTUBHoro BMeLuaTe/ibCTBa, ocoöeHHO nocne opTonennMecknx onepaunn, BO3Hnxno Oeccnnne Mbiuıu, saTBepnenue nnn Hapyıuenns 0yHkunn cycraBOB. Tak>ke npı/iMenseTcs TeM, y koro b pesyribTaTe noBpexneHWs Mosra n HepBOB pa3Bnncs MacTKMHbin nnn no/iHbin napannM Tena, pyk w Hor, a Taıoke TeM, y koro oöpasoBanocb Ha6yxanwe pyk w Hor b pesy/ibTaTe Hapyıuennn JiMM0oo6paLueHns.

B Kaknx CnyHaax Ow3WOTepanws OnacHa?

B aKTHBHow 0a3e BocnannTenbHbix peBMaTKMecknx 3a6oneBaHnn (korna cycraBbi pa3ÖyxaıoT, ropsMue n Oo/ist), npn sakynopke apTepnn, BapHkose, Ha OTkpbiTbix panax w BocnaneHHbix yMacTkax Tena npnMeHSTb 0H3MOTepanmo onacHO.

ripMMeHeHMe nnMc|)aTHMeckoro npena>ka 3anpenaeTcs TeM, kto HMeıoT Takne 3a6oneBaHWS, kak cepnue w noMeMHas HenocraTOMHOcrb, tpom6o3 rny6okwx BeH, akTMBHoe 3/ıokMaecTBeHHoe 3a6oneBanne.

KaKoea rionbaa ot FlpıiMeHeHMfl <t>H3H0TepannM m Pea6mıwTai4wn?

* yMeHbiueHMe m ncMe3H0BeHne Sonen, OHeMenna, noxanbiBanna n Seccnnna,
* ycTpaHeHue nnM0eneMbi b pyxe nnn Hore nnn yMeHbinenna, CHWxeHne pncxa 3apaxenna, KOTopoe noasnaeTca M3 3a OTTexa,
* riOBblLLieHMe 0yHKLlHOHanbHOCTM,
* OqeHb peflKoe BO3HHKHOBeHne no6oMHbix AencTBnn, a npn B03HnxH0Bennn - oneHb Sbicrpoe nx ncMe3HOBeHne,
* Bo MHornx cny>-ıaax - npenaTCTBOBanne HenyxHbiM motoasm MeAnxaMeHTO3Horo w onepaınBHoro nenenna,
* OSecnenenne ncnonbsoBanna MeHbinero KonumecTBa nexapciB,
* OSecnenenne 300exrnBHoro nenenna MHornx Apyrnx Sone3Hen, nenenne KOTopbix MenwKaMeHTO3HbiM nnn onepaTnBHbiM cnocoSoM hobosmoncho,
* npensTCTBue pa3BHTKK) n nepexony Sone3Hn b xpoHnnecxnn (3aTaxHon) xapaKTep,
* noBbiLueHne xanecTBa >kw3hw.

KaKOBbi Bo3Mo>KHbie Phckm m noöoMHbie fleiıcTBKfl 0M3noTepanww m PeaönnnTaunn?

* 3to noflxoflbi k neqeHwo, KOTopbie nMeıoT nocraTOMHo Mano noSoMHbix AencTBnn n pncxoB. TeM He Menee, xoTa n AOBonbHO penxo, ho cnynaıoTca Taxne HeSnaronpnaTHbie 3cjxt>exTbi/ xax noxpacHenna XOXn, HyBCTBMTenbHOCTb.
* HaMHoro pexe HaSnıoAafOTca pncxn noasnenna o>xoroB xoxn, Hapyıııenna cepnennoro pnTMa, Hpe3BbNannaa nyBCTBnTenbHocTb xo>xn, nsMenenna xpoBanoro nasnenna, bo BpeMS pa3paöoTKn noABHXHOCTM cycraBOB - noBpexfleHnq-pa3pbiB MbiıiJL|-cyxoxwnMK/ ynapbi tokom.
* yKasaHHbie pmckm npn Hannnnn cooTBeTCTByraınen TexHHKW, nocTaTOHHbix Menm4WHCKnx MaTepnanoB n onbiTHoro MenmjkiHCKoro nepconana nposBnflioTCfl pe^KO. B cnynae nonyneHnn BaMM noBpexneHnn b pesynbTaıe nHteKunn, Ana ycrpaHenna noBpexAeHwn SynyT nposeAeHbi sce Heo6xoAHMbie MaHnnynaunn.
* flna cHnxeHHfl >-ıacTOTbi BO3HMKHOBeHwa Taxwx CMTyaunn nepeA Tepannen AeTanbHO cooSuunTe BaıııeMy AOKTopy o coctoahhk Baıuero 3AopoBba. BaM Heo6xoAMMo npowHc|)opMMpoBaTb AOKTopa o Bcex BaıiJKX anneprnax Ha neKapcrsa n 6one3Hax.

Kakne üpoSneMbi MoryT Bo3HMKHyTb BoneflCTBne HenpoBefleHMH Ow3HOTepannw?

^n3WOTepanna asnaeıca motoaom noAAepxwBaıoLuew Tepannn. HenpnMeHeHne 0w3WOTepanwn He npeACTasnaeT onacHocm Ana xm3hk, ho ona HBnaeTca 300eKTMBHbiM motoaom CHMxeHwa Sonen n BoccraHOBneHna cfjyHKunn oprannsMa.

Ecnn npennaraeMoe nenenne He SyneT npnMeHeno BOBpeMa, to Banı e 3AopoBbe yxyALunTca, Sonb SyneT npoAonxaTbCfl, 0yHKunn opraHOB SynyT ocnaSneHbi, 0TTexn Synyr npoAonxaTbca, a n3-3a orrexoB SyneT AnnTbca nH0exuna nTn.

KaKMe EcTb AnbTepHaTMBHbie rioAXOAbi b JleneHnM?

* AnbTepnaTnBon Tepannn npn nenennn Sone3Hn aBnaKDTca Taxne noAXOAbi, xax pasnnnnoe MeAnxaMeHTO3Hoe nenenne n b HexoTopbix cnyHaax onepaTnBHoe BMeıuaTenbCTBo.
* Bce 3Tn Sone3Hn asnaıoTca MynbTnAncıınnnnHapHbiMn (xacaK)innecfl MHornx xnnnnx) npoSneMaMn. Bo BpeMs nocraHOBneHna A^arHosa, nenenna n HaSnx>AeHna npn HeoSxoAnMocrn oSpauıaKrrca 3a MeAnLjnHcxon noAAep>xxon b Apyrne oTAenenna.

fln a rH03

npoBOflUMoe neneHne /onepaqwH\_

Ecrin Bbi He xenaeTe nonynnTb nHcjDopMaqnıo o qenn, cpoı<ax, noribse ot nenennîi, ıuaHcax Ha ycnex, CpOKaX Bbl3A0P0B7ieHUI51, BO3MO>KHblX pi4CKaX W OCnO>KHeHnflX, OTK33blBaeTeCb OT anbTepHaTWBHblX MeTOflOB neneHnn w ot ne^enna, a Tax>Ke He xoTMTe 3HaTb 06 o6cTO5rreribCTBax, c KOTopbiMn Bbi MO>xeTe CTOJiKHyTbCfl, to yKa>xnTe 06 3tom, qqenaB coöcTBeHHopyHHyK) Haftnncb.

JleMaınnn Bpan nponnc^opMnpoBan MeHH o Moen öonesnn, paccKaaan o Bn^e, qenax, cpoxax w noribse ot npefl/ıaraeMoro ne^enna, ujaHcax na ycnex, o ne rapaHTnpoBaHHocrn nsnennBaHnH HbiHeınnero cocroflHna, o cpoKax Bbinem/iBaHna, BO3MO>KHbix pncKax w ocno>KHeHw^x/ anbTepnaTnBHbix MeTo/jax, 06 o6cTosTenbCTBax c KOTopbiMn a Mory crojiKHyrbCfi b cnynae oTKasa ot nenenna, a TaK>Ke o tom, hto b cnynae Heo6xoAnMOcrn mojkct öbiTb nposeflena AononnnrenbHafi onepaqnH/npoqeflypa/BMeıııaTenbCTBo. Bpan OTBeTMn na Bce nHTepecyıoLune Menfi cooTBeTCTBytoıqne Bonpocbi.

Mhc paccKasaHO o tom, hto n3nox<eHHaH Bbiıue npoqe^ypa öy^eT npoBO/jkiTbCH Ha MHe/na öonbHOM, nHTepecbi KOToporo n npe/jcraBrifiK), BpanaMn, Me/ınepcoHanoM w ApyrnMn mcahlihhckumh paöoTHnKaMn nofl ynpasneHneM, Hafl3opoM w nonnoMonneM Moero neHaıuero Bpana.

Mne paccKasano, hto b cnynae Heo6xoAWMOcrn npoBeflennH, bo BpeMfl BMeLuaTe/ibCTBa oöıuyıo anecresnıo öy^eT npoBOflKTb cneqnanncr-aHecre3nonor, ceAaqnıo öy/jeT npoBOflMTb cneqnanncr-aHecre3nonor nnn xe span, cneqnann3npoBaBLunncH na nposefleHnn ce/ıaqnn, MecTHyıo aHecresnıo öyfleT npoBOflMTb mok nenaınMn span.

B noriHOM co3HaHnw w npn3HaBaHCb b tom, hto b HacToaınee speMfi fi Mory npnHWMaTb a^eKBaTnoe peıuenne, comauıaıocb na MeflnqnHCKoe BMeıuaTenbCTBO, Bbipa>Kaıo CBoe comacne na to, HTOĞbi mom jıenaLLinn Bpan n ero KOMan^a npow3Benn Heo6xoAMMoe no nx MHennıo MeflnqnHCKoe neHeHwe/npoqeflypy/xnpyprwqecKyıo onepaqmo.

paspeuıaıo KnnHUKe oĞcneflosaTb, nccneflOBaTb, yrnnnanposaTb mjim coxpaHWTb mok> tkbhb nnn opran, KOTopbin by^eT yzjaneH bo BpeMa nposeflennn npoıjeflypbi/BMeujaTenbCTBa, Ha KOTopoe h flan cobc cornacne BbiLue.

51 paapeıuaıo wcnonb3OBaTb mom Me/jmınHCKne flaHHbie b nayHHbix nccneflOBaHMHX, npn ycnoBnn aHOHMMHoern mohx nnnHbix flaHHbix.

|  |  |  |
| --- | --- | --- |
| **6o/lbHOM** | | |
| Hmh m ct>aMnnn5i: | rioflnncb: flaTa: | BpeMfi: |
| ZlaTa po>KfleHHfl: |  |  |
| **3aKOHHbin npeflcraBUTenb öonbHoro** |  | |
| Mma m $aMMBMfl: | riofinncb: flaTa: | BpeMs: |
| CreneHb poflCTBa:  ripKHMHa nojıyneHna cor/ıacnsı/pa3peLueHW5i y 3axoHHoro npe,qcTaBHTejifi ÖonbHoro: | |  |
| □ BojibHon 6e3 cosHaHna | □ BonbHon b Bospacre flo 18-tm neT | |
| □ BoHbHon HefleecnocoöeH | □ 5e3OTnaraTenbHbiiı cnyHan |  |
| **CsnfleTerib**  Mmb w cjDaMnnna: | Floflnncb: flaTa: | BpeMsı: |
| **ripOMHCİJOpMnpOBaBLLinM BpaH** |  | |
| Uma c^aMuriMA: | noflnncb: £aTa: | BpeMA: |
| **nepeBOflHMK** (npn Heo6xoflWMocrw) |  | |
| Mma m c^aMkinna: | floflnncb: flaTa: | BpeMa: |

Cornacne no/ıyqa»oT: y 6onbHoro b Bospacre crapıue 18 neT; y öonbHoro b sospacre ot 15 *no* 18 ner, a TatOKe y ero saKOHHoro npeacraBMTenfl; *y* 3aKOHHoro npeacTaBMTejıa, ecnn 6onbHOM Haxoanrc« b 6ecco3HaTenbHOM coctoshum, b Bospacre Menee 15 zıeT, HeaeecnocoöeH u Heo6xoanMo HeoT/ıaraTenbHoe BMeıuaTeabCTBO.