

Djumaniyazova M.D.

**EVALUATION OF THE EFFECTIVENESS OF MEDICAL, SOCIAL AND VOCATIONAL
REHABILITATION AFTER TOTAL KNEE ENDOPROSTHETICS IN PATIENTS
OF WORKING AGE**

Tutor: PhD, associate professor Usmankhodjaeva A.A.

*Department of the Medical Rehabilitation, Traditional Medicine and Sports Education
Tashkent State Medical University, Tashkent*

Relevance. Total knee endoprosthesis is one of the most effective methods for the treatment of advanced knee osteoarthritis, but postoperative functional recovery and the return to work in patients of working age depend not only on surgery itself, but also on the quality of subsequent rehabilitation. The growing number of knee arthroplasty procedures increases the need for effective medical, social, and vocational rehabilitation strategies that improve quality of life and preserve professional activity.

Aim: to evaluate the effectiveness of comprehensive medical, social, and vocational rehabilitation after total knee endoprosthesis in patients of working age.

Materials and methods. The study included 147 patients of working age with knee osteoarthritis treated from 2016 to 2023. The main group consisted of 75 patients who underwent surgery combined with an individualized rehabilitation program. The control group included 72 patients who received standard treatment without a targeted rehabilitation program. The assessment included radiographic examination, electromyography, biomechanical methods, analysis of static dynamic function of the operated limb, weight bearing ability, quality of life, and work capacity.

Results and their discussion. Comprehensive rehabilitation demonstrated better outcomes than standard management. In the main group, high rehabilitation effectiveness was achieved in 91.7 percent of patients, good effectiveness in 8.2 percent, and moderate effectiveness in 0.4 percent. In the control group, the corresponding values were 79.7 percent, 17.9 percent, and 2.3 percent. The proposed rehabilitation approach increased the proportion of highly effective outcomes by 12 percent and reduced the proportion of moderately effective outcomes by 1.9 percent. The use of criteria for work capacity assessment based on static dynamic function and associated musculoskeletal pathology allowed continuation of professional activity in 88 percent of patients under recommended working conditions.

Conclusions. Early individualized medical, social, and vocational rehabilitation after total knee endoprosthesis improves functional recovery, increases rehabilitation effectiveness, and promotes return to professional activity in patients of working age. The integration of rehabilitation measures into postoperative management is essential for better medical and social outcomes.