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### Comprehensive rehabilitation strategies for joint contracture following orthopedic surgery

#### Abstract:

Joint contracture is a limitation in the passive range of motion of a joint secondary to shortening of the periarticular connective tissues and muscles. Immobility plays a major role in the development of joint contractures. Indeed, patients with conditions limiting mobility are at high risk for joint contracture. Prolonged immobility from critical illness can also be expected to predispose patients to experience joint contractures. Joint immobilization is frequently administered after fractures and ligament injuries to maintain the resting state of injured tissues. However, it has the side effect of causing joint contracture, muscle atrophy, articular cartilage degeneration, and reduced bone mineral density. Immobilization-induced joint contracture induces pain, the increase in risk of falls, and pressure ulcers, which contribute to long-term sequelae. Prevention and/or improvement of immobilization-induced joint contracture are thus critical issues in rehabilitation medicine. Therefore, a series comprehensive rehabilitation strategies must be taken to prevent the occurring of joint contracture in each phase.

#### Biography

**Yu-Cong Zou** has completed his PhD at the age of 26 years from Southern Medical University and post-doctoral studies also from Southern Medical University. He is the director of Director of the Rehabilitation Medicine Research Institute, Foshan Rehabilitation Hospital. He is also a visiting scholar at New York Special Surgery Hospital (HSS) and Rutgers University in the United States. He has published more than 20 papers in reputed journals and was invited as many journals' reviewers. He also obtained more than 10 funding grants.