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Prevention of rheumatic diseases: physical treatment, prevention, basic knowledge, classification

Visar Tifeku

Physical Therapy Center, Kosovo

Introduction: Rheumatic diseases have been known since ancient times and are presumed to be as old as mankind, are very widespread and often chronic. Rheumatic diseases are classified into:

- Inflammatory rheumatism - rheumatoid arthritis (AR), rheumatic fever etc.
- Degenerative rheumatism - arthrosis of peripheral nodes and spinal cord.
- Extraarticular-periarticular rheumatism (about nodule) - bursitis, tendinitis, fasciitis.

Definition: AR is a chronic illness of unknown cause, which involves many organic human systems. The characteristic of RA is the persistent sinovitis, which most often involves nodes peripheral (symmetrically). Inflammation causes stump destruction and erosion bone, which is also the main feature of the disease. The course of the disease is very variable: the sick may have light forms of oligoarthritis or severe progressive polyarthritis with major injuries. Epidemiology. Of AR suffer 1-3% of the population, while women are more affected than men.

Biography

Visar Tifeku was born on December 8, 1993 in Kacanik. Attends primary school "Ali Asllani" in Doganaj of Kacanik from 2000 to 2009. After finishing primary school, the Pharmacy Branch in "Elena Gjika" - Ferizaj / Urosevac continues in the secondary school of medicine in 2013. This year started Senior studies at the Faculty of Medicine, Physiotherapy course. Has good German language skills and average English language skills

wisar.tifeku@msn.com

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