

THE EFFECT OF DIGITAL PHYSIOTHERAPY APPLICATIONS ON RESPIRATORY FUNCTIONS, RESPIRATORY MUSCLE STRENGTH, FUNCTIONAL CAPACITY, UPPER EXTREMITY PERIPHERAL MUSCLE STRENGTH AND QUALITY OF LIFE IN PATIENTS UNDERGOING THORACIC SURGERY

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THESIS ABSTRACT

Thoracic surgery is the primary intervention in the treatment of lung, pleural, chest wall and mediastinal diseases. Patients' exercise tolerance, respiratory function, participation in activities of daily living, functional level and quality of life are negatively affected after surgery. Upper extremity functions and trunk are affected due to incision. The aim of this study was to investigate the effects of physiotherapy applied with digital methods on respiratory functions, respiratory muscle strength, functional capacity, upper extremity muscle strength and quality of life in patients undergoing thoracic surgery. Positive improvements were noted in respiratory functions and muscle strength, functional capacity, upper extremity and trunk effects, chest expansion, sleep and quality of life.

APPLICATION AREAS OF THE THESIS RESULTS

Paving the way for regular physiotherapy and rehabilitation for patients undergoing thoracic surgery.

ACADEMIC ACTIVITIES

1. Kostanoglu A., Manzak AS., Sahin A. 2019. The Effect of Physical Activity Level and Sleep Quality on Quality of Life in Pregnant Women. Journal of Turkish Sleep Medicine,6(3),80-87.,
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2. Sahin A., Manzak AS., Kostanoglu A. 2018. The effect of sleep quality on quality of life in pregnant women. 3rd International Health Sciences Congress, Ankara, Turkey
3. Manzak AS., Sahin A., Kostanoglu A. 2018. Investigation of the relationship between physical activity and quality of life in pregnant women. 3rd International Health Sciences Congress, Ankara Turkey



KEYWORDS

- Thoracic surgery
- Physiotherapy
- Respiratory functions
- Functional capacity
- Upper extremity functions



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