

Effect of septoplasty on functional outcomes and physical fitness level

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Abstrak

This study aimed to determine the effect of septoplasty on functional outcomes and physical fitness level. Seventeen patients (mean age = 27.52 ± 7.77 years) with obvious nasal septal deviations (NSDs) were enrolled in the study. All patients underwent a detailed otorhinolaryngologic examination, and the functional movement skills and physical fitness level were evaluated before operation and 6 months after the operation. functional outcomes were assessed using the timed up and go test and timed up and down stairs test. The physical fitness level of patients was assessed using 6-min walking test (6-mWT), muscle strength tests, muscle endurance tests, flexibility tests, agility test, speed tests, and balance tests. A significant improvement was observed in functional outcomes and most of physical fitness parameters after septoplasty operation ($P < 0.05$). These findings suggested a positive effect of septoplasty on the physical fitness level and functional outcomes, which could be an important point for the relationship of physical fitness level and functional outcomes with NSD.