



Short Historical Background the Development of Rehabilitation in Poland

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Editorial

Medical rehabilitation is a relatively young field in which development in complex concept of rehabilitation occurred in recent decades. It should not be forgotten, however, that initial improving loco motor dates back to ancient times, and then already was the importance of physical activity for proper shaping body. The importance attributed to physical activity, exercise provides the Hippocrates, which expressed the belief that: "medicine supports in two massive pillars, which are physical exercise and dietetics". After years of stagnation in the middle ages, the development of physical medicine is only the 16th century. In this period also in Poland there are signs of various forms of physical activity. In 1508 Matthias of Miechowa published to work "How to keep health" in which physical activity considered an indispensable condition for the preservation of good health. Jędrzej Sniadecki in 1805 year issued a "on the physical education of children", which highlights the role physical activity for the development of the young organism. An attempt is made to formulate the theoretical basis of physical education, devoting much attention to chronic care, and rehabilitation of disabled children education.

In 1892 Helena Kuczalska arises in Warsaw the Institute of Swedish gymnastics, which later on this base set up the school of health gymnastics and massage. This was the first in Poland school professionals in therapeutic gymnastics. In the inter war period leading role in promoting the therapeutic gymnastics in Poland played medical centre in Poznan. In 1919 under the Institute of Hygiene and physical education Poznan University, entrusted with prof. Wierzejewski conducting lectures and exercise. In the Warsaw in this period were also conducted by Jadwiga Titz- Kosko therapeutic gymnastics courses in Internal Diseases Clinic. Major event was also the appearance in 1932 the book of Eleonory Reicher "Action exercises bodily on people healthy and sick", in which the Author discussed the benefit of engaging in physical exercise the ability to use it for medical purposes and also exercise used in practice different sports disciplines.

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In Poland the post-war rehabilitation due to dynamic development mainly two Centers, directed by prof. Wiktor Dega acting on Orthopaedic Clinic of Poznan University and prof. Marian Weiss was operating on converted by him Metropolitan Rehabilitation Centre in Konstancin. These two great professors not only contributed greatly of the development of rehabilitation, but created the Polish concept of rehabilitation, which four basic components: universality, early take rehabilitation, its complexity and continuity shaped scope of modern rehabilitation (Figure 1).

The breakthrough time for polish rehabilitation in 1950 was the establishment prof. Dega national consultant, what made the rehabilitation of fully fledged medical specialties. Successor's prof. Dega at this position was professors: Haftek J, Milanowska K, Kwolek A, Kiwerski J, Ksiezopolska K, currently the function of prof. Majcher P.



Figure 1:

In 1959 medical rehabilitation is considered a separate two-stage clinical specialty for doctors. In 1960 the first in Europe cathedral medical rehabilitation Medical Academy in Poznan was created, and one year later- cathedral and Rehabilitation Clinic Medical University in Warsaw, on the basis of a Rehabilitation Centre in Konstancin. In 1983 introduced a two stage specialization for therapeutic gymnastics (later physiotherapy). Significant role in the development of rehabilitation in Poland addressing the multifaceted problems of disability persons are of scientific, social scientific Societies, especially Polish Society Fight with the Handicap (the oldest Society created in 1960), Polish Society of Rehabilitation, Polish Society of Physiotherapy.

Rehabilitation in Poland is developing constantly, as evidenced both by increasing the number of specialists of medical rehabilitation (more than 2000) and the number of rehabilitation departments (about 400) and the patients treated in rehabilitation wards (48 per 10.000 citizen).