

COMPREHENSIVE PSYCHOLOGICAL AND PHYSICAL REHABILITATION OF MILITARY AMPUTEES: A MULTIDIMENSIONAL APPROACH TO RECOVERY AND REINTEGRATION

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Introduction. The escalation of hostilities in Ukraine in 2022 has renewed focus on the comprehensive rehabilitation of military personnel. Thousands of defenders have suffered severe injuries, including limb amputations, spinal and brain trauma, as well as psychological disorders such as post-traumatic stress disorder (PTSD). The rehabilitation of this group requires a multidisciplinary and personalized approach that addresses not only the physical aspects but also the psychological and social dimensions of recovery [1]. The success of prosthetic rehabilitation largely depends on the patient’s psychological readiness to actively participate in the recovery process, accept bodily changes, and adapt to new life circumstances. Therefore, psychological rehabilitation is an essential part of the overall system, as it supports emotional stability, increases motivation, and helps veterans successfully reintegrate into civilian life [2, 3].

Aim of the Study. The purpose of this study was to analyze the role of psychological rehabilitation in optimizing physical recovery and social reintegration among military amputees exhibiting symptoms of post-traumatic stress disorder.

Materials and Methods. This study focuses on analyzing current literature, rehabilitation protocols, and practical methods used in the psychophysical rehabilitation of military personnel following limb amputation. The primary focus is on psychological assessment techniques, motivational diagnostics, and psychotherapeutic support integrated with physical therapy. The psychological evaluation of amputee veterans involves identifying emotional states such as anxiety, depression, and PTSD symptoms, as well as assessing motivational factors that influence engagement in rehabilitation. Structured interviews, standardized

questionnaires, and projective techniques are employed to evaluate coping strategies, emotional stability, and readiness to use prosthetic devices. The collected data are utilized to design personalized rehabilitation programs that combine physical exercises, psychotherapy, and family counseling.

Results. The psychological aspect of rehabilitation is crucial in restoring functional ability, emotional stability, and social adaptation among military amputees. After limb loss, many veterans face a combination of physical pain and deep psychological trauma that greatly impacts their motivation and quality of life. Emotional distress often appears as anxiety, anger, depression, or post-traumatic stress disorder, which can significantly hinder the effectiveness of physical rehab if not addressed [2]. Therefore, integrated psychological support is essential at every stage of rehabilitation. A thorough psychological assessment helps professionals identify PTSD, depression, or emotional burnout symptoms and develop personalized therapeutic plans. Early diagnosis and intervention are vital for preventing long-term psychological issues and social isolation. Using standardized diagnostic tools such as the Post-Traumatic Growth Inventory, Beck Depression Inventory, and various motivation scales enables clinicians to evaluate the patient's readiness, emotional resilience, and ability to adapt to prosthetic use. This comprehensive assessment ensures that therapeutic goals are realistic and meaningful for each individual [4].

Implementing motivation-focused rehabilitation strategies has proven to boost patient engagement and overall recovery progress. When servicemen clearly understand each rehab step, participate in setting personal goals, and receive regular feedback, the process becomes more effective and rewarding. Techniques like motivational interviewing and goal-setting therapy foster active involvement and transform passive dependence into self-directed efforts for recovery. These methods promote a sense of self-efficacy and independence, which are key to maintaining long-term motivation. An additional essential component is emotional stability and stress management. Many amputees experience episodes of emotional regression, frustration, or hopelessness during adaptation. Ongoing psychological support helps normalize these feelings and develop healthy coping strategies. Group therapy with peers who share similar experiences has shown high success in reducing anxiety, increasing social support, and boosting morale [5].

Participating in these groups helps veterans rebuild a sense of identity and belonging. Family involvement is equally critical in the rehab process. Support from relatives provides emotional security, decreases feelings of

loneliness, and helps ensure consistency between medical and home environments. Educating family members in psychological support, communication, and caregiving greatly improves outcomes. Structured family counseling also assists relatives in managing their own stress and avoiding secondary trauma, creating a stable emotional environment for the patient's recovery [6].

Ultimately, integrating psychological rehab into the broader physical and social recovery system leads to holistic healing. The collaboration among psychotherapists, physiotherapists, and social workers ensures that both physical and emotional progress occurs simultaneously. This interdisciplinary approach accelerates functional gains and rebuilds self-esteem, confidence, and motivation for life reintegration. Consequently, comprehensive psychological rehab becomes a key factor in achieving lasting recovery and successful reintegration of military amputees into civilian life.

Discussion. Comprehensive rehabilitation for amputee veterans must include psychological, physical, and social interventions to ensure sustainable recovery and reintegration. Many studies highlight that physical therapy and prosthetic training are much more effective when combined with ongoing psychological counseling and social adaptation efforts. This integrated approach not only speeds up functional recovery but also enhances long-term commitment to rehabilitation programs [7, 8].

Psychological rehabilitation is crucial in preparing patients for active physical recovery and adapting long-term to prosthetic use. Techniques such as cognitive-behavioral therapy, acceptance and commitment therapy, and motivational interviewing effectively reduce PTSD symptoms, maladaptive coping strategies, and anxiety related to body image concerns. Additionally, these methods boost self-efficacy and motivation, which are vital for successful prosthetic adaptation. Social reintegration is another key phase of rehabilitation, involving vocational training, community engagement, and participation in volunteer or creative activities that restore purpose, belonging, and identity. Psychological support during this stage fosters a positive self-view, reduces social withdrawal, and helps prevent emotional isolation. Collaboration among physical therapists, psychologists, prosthetists, and social workers provides a holistic, patient-centered approach to recovery. Regular interdisciplinary meetings, ongoing progress assessments, and adaptable rehabilitation plans tailored to individual needs greatly enhance the quality and sustainability of results [9].

In modern rehabilitation systems, it is vital to shift focus from just physical recovery to restoring independence, dignity, and social function. Incorporating psychological rehabilitation into medical and social practices facilitates veterans' long-term reintegration into daily life, enabling them to regain control over their physical, emotional, and social well-being. Ultimately, this approach transforms rehabilitation into a continuous process of personal growth and adaptation, rather than merely a finite phase of medical treatment.

Conclusions. Psychological rehabilitation is a key part of the recovery process for military personnel after limb amputation. It boosts motivation, emotional resilience, and readiness for active participation in physical therapy. Addressing psychological challenges and supporting the development of adaptive coping skills lead to better prosthetic use, improved quality of life, and successful social reintegration.

A comprehensive approach that combines psychological support, physical therapy, and social rehabilitation is the most effective model for restoring the health and well-being of amputee veterans. Collaboration among professionals and family members throughout this process ensures continuous care, reduces the risk of long-term psychological issues, and encourages the full reintegration of defenders into peaceful civilian life.

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