### Assessment of the Knowledge, Practices and Attitudes of Patients with Post Traumatic Joint Stiffness

A descriptive study was carried out in the rehabilitation departments of three general hospitals and Rehabilitation center, (Ibn Sina Teaching Hospital, Al-Salam Teaching Hospital, Mosul General Hospital and Mosul Rehabilitation Center). During the period 18th February 2007 to 18th August 2007, to assess the knowledge, practices and attitudes of patients with post traumatic joint stiffness, and its relationship with some variables such as (sex, age, marital status, occupation, etc).

The study depended on special questionnaire which include (34) items in knowledge, (24) items in practices and (26) items in attitudes. The validity of the tools was obtained by content validity through opinions of (15) experts in different specialties. The reliability of the tool was done by applying the questionnaire on (10) patients with post traumatic joint stiffness and using cronbach coefficient correlation.

The sample of the study which chosen purposively included (110) patients with post traumatic joint stiffness who visited rehabilitation departments. The study shows that most patients are male their age range between (22-31) years, married, practicing free job, graduated from primary school and less, living in the urban, with joint stiffness in period less than one year, without previous history of joint stiffness and treated by both medication and rehabilitation. Also the study shows deficiency and highly significant differences in the knowledge, practices and attitudes of patients with joint stiffness regarding theoretical mean. According to the results, the study recommend increasing health education awareness for those with musculoskeletal trauma or fracture about the complications of immobilization for a long time and methods to prevent or reduce these complications, also for those with joint stiffness to guide them to best ways and practices for treating their stiff joint in a safe way and short ti