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**NEW IDEAS, BIG ISSUES,
NEW WAYS OF THINKING:
WHY CONGRESS WILL
DELIVER**



Ann Moore,
Chair of the WCPT's
International Scientific
Committee of 2011
Congress in Amsterdam

What makes a WCPT Congress special? The International Scientific Committee organising the programme for the 2011 Congress in Amsterdam, Holland, is building on past experience and surveys of physical therapists to create an invaluable professional event – whichever part of the world you happen to come from. Simon Crompton, editor of WCPT News, talks to Ann Moore, Chair of the Committee, about the planning to date, and what's in store.

It may sound a way off, but to WCPT's International Scientific Committee, 2011 has been looming large for a while now. The group of physical therapists from around the world who are responsible for putting together the scientific programme of World Physical Therapy 2011 have been considering its shape and aims since their appointment in summer 2008 – and they are taking some fascinating changes of direction.

Chair of the committee is UK physiotherapist Ann Moore, Professor of Physiotherapy and Head of the Clinical Research Centre for Health Professions at the University of Brighton. She says that

what really entuses her about the task is that she knows congresses make a



difference. She speaks from personal knowledge. She's attended four of them. "I think it's the sense of conviviality, the ease of networking that makes them so special. I love the way that, during congresses, you can't help but be exposed to different ways of thinking, new ideas, big issues that other countries are facing and which put a new perspective on your own. There's that sense of the profession standing shoulder to shoulder."

That's why it's been a priority for the next Congress to be as inclusive as possible. Central to the programme will be focused symposia, where a convenor will lead a group of presenters through a series of linked presentations on a topic of international appeal. At least three of WCPT's regions have to be represented by the speakers contributing to each symposium – ensuring that sessions embrace the interests and practice of delegates whatever part of the world they come from.

The programme will start to be put together from February, once the focused symposia have been announced. But there are definitely structural changes on the way. One is to integrate the programme far more closely thematically.

In particular, the committee is looking to cater for clinicians and educators who want to hone their practical skills. At previous congresses, there have been pre- and post-congress courses focusing on applied skills, but these are now being integrated alongside the main programme.

Highly-regarded keynote speakers will also now be integrated into symposium sessions, “We want a programme that will attract practising physical therapists as well as researchers and educators,” says Ann Moore. “They’ll be able to attend workshops, courses and discussions which complement the scientific programme, and will allow them to take away new skills.”

The views of physical therapists themselves have been fundamental in shaping the new plans. In 2008, more than a thousand physical therapists around the world responded to a WCPT survey asking them about the issues that interested them the most. It found that the challenges of an aging society, new roles for physical therapists, physical inactivity and health promotion were common concerns around the world.

“What I found fascinating was how many common issues affect people globally,” says

Delegates will be able to “pick and mix” sessions according to their professional interests. For example, they will be able to participate in a specialist course on one day, a clinical visit on another, and scientific programming on another.

so that they can answer questions and join in debates.

Ann Moore. “This means there are some obvious issues we intend to address at the next Congress.”

“This time, with all the progress made in previous years on technicalities like an on-line abstract management system, we feel we can really focus on getting a lively programme together, moulding it to the needs of as many people as possible.”

The act of shaping World Physical Therapy 2011 is well and truly underway. Ann Moore is confident that her fifth Congress could well be her best.

For full details of the Congress, including deadlines for satellite programme sessions, poster abstracts and platform abstracts are available at <http://www.wcpt.org/congress>.

BACKGROUND INFORMATION ABOUT PHYSICAL THERAPY

Movement for Health
8th September, World Physical Therapy Day



Physical therapists are experts in developing and maintaining people's ability to move and function throughout their lives. With an advanced understanding of how the body moves and what keeps it from moving well, they promote wellness, mobility and independence. They treat and prevent many problems caused by pain, illness, disability and disease, sport and work related injuries, ageing and long periods of inactivity.

Physical therapists are educated over several years, giving them a full knowledge of the body's systems and the skills to treat a wide range of problems. This education is usually university based, at a level that allows physical therapists to practice independently. Continuing education ensures that they keep up to date with the latest advances in research and practice.

Many physical therapists are engaged in research themselves.

More detailed information about what physical therapists do can be found in WCPT's Description of Physical Therapy at <http://www.wcpt.org/node/28657>.

About obesity

Around 350 million people are obese worldwide. Physical activity is one of the best means of countering obesity. Obesity is one of the major risk factors for diabetes and cardiovascular disease.

Children and young people under the age of 18 need 60 minutes of moderate to vigorous physical activity each day to promote and maintain health. Adults need 30 minutes of moderate physical activity 5 days a week, or 20 minutes of vigorous physical activity 3 days a week to maintain health. Plus they need to do muscle strengthening exercises at least twice a week.

About cardiovascular disease and diabetes

Cardiovascular disease is the term used to describe diseases affecting the heart and circulatory system, and includes heart disease, stroke and raised blood pressure (hypertension). Diabetes mellitus is a condition where the amount of glucose in the blood is too high, causing tissue damage. Type 2 diabetes usually develops when people are overweight.

About the impact of physical therapy on cardiovascular disease and diabetes

Research has shown that the type of exercise and training prescribed by physical therapists can reduce blood pressure, reduce the risk of stroke and diabetes, and improves outcomes for people who are suffering from coronary heart disease.

More details are available in resource materials on the WCPT website:

http://www.wcpt.org/sites/wcpt.org/files/files/WPTDay-C2-Cardiovascular_disease.pdf

<http://www.wcpt.org/sites/wcpt.org/files/files/WPTDay-C3-Diabetes.pdf>

About World Physical Therapy Day

World Physical Therapy Day falls on 8th September every year, and is an opportunity for physical therapists from all over the world to raise awareness about their crucial role in keeping people well, mobile and independent. The day was established by WCPT in 1996, and marks the date on which WCPT was founded.

About the World Confederation for Physical Therapy

WCPT is the profession's global body representing over 300,000 physical therapists/physiotherapists from member organizations in 101 countries. For more information go to www.wcpt.org.

THE ROLE OF PHYSICAL THERAPY IN THE REHABILITATION OF ROTATOR CUFF INJURIES

*Fieroiu Emil*¹

Key words: rehabilitation, strength, flexibility, pain,

Abstract: Nowadays, young of all ages practice sports and their wish of achieving competitive performances leads to a permanent growth of the number of injured and traumatologically affected sportsmen.

Shoulder injuries have very often as a result local patho-morpho-functional alterations by involving the various structures of the affected area.

KINETIC METHODS OF MUSCLE-LIGAMENT NORMALIZATION IN THE DISC-SURGERY HERNIAS

*Marius Neculaeș*²

Key –words: kinesiotherapy; the lumbo-sacro-pelvis segment. spinal column

Abstract: The study reveals the fact that the recovery of patients with lumbar disc hernia cannot even be conceived without the kinesiotherapy program, the only technique able to give back the flexibility and the functionality of the lumbo-sacro-pelvis segment.

The muscle and joint issue, present in the pathology of this segment is the main cause for limiting the movement amplitude, because of the gradual shortening of the soft tissues, creating a resistance to muscle stretching.

The main objective of kinesiotherapy will be recovering the functions of the segment, and this is a necessary practical activity in order to achieve goals referring mainly to daily and professional activities. Thirepeated exercise will lead to getting an automatic movement of correcting the pelvis and the spinal column.

THE METHODOLOGY OF MOTTOR DEFFICIENCIES DRIVEN BY THE ANKYLOSING SPONDILITIS

*Fieroiu Emil*³

Key –words: rehabilitation, rheumatism, methodology, vertebral spine

Abstract: The ankylosing spondylitis is found among the rheumatic affections that have a very severe functional prognosis, caused by the frequent ankylosises of the spine and of the peripheral joints they provoke.

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An important number of ill people, mostly men, are affected by this invalidating illness that restricts their possibility of making usual gestures, as well as their ability to work, or it makes it impossible for them to perform any type of activity, thus they become dependent on society.

EXCITOMOTOR THERAPY IN REHABILITATION OF PHYSICAL DEFICIENCIES OF THE SPINE

Cristina Elena Zaharia⁴

Key –words: electrotherapy, rectangular currents, correction, strengthening, adults

Abstract: In the last century, but especially in the last decades, it has been noticed an important body growth and development “acceleration” phenomenon. This phenomenon, statistically pointed out, is accompanied by an inadequately functional development. As a natural consequence, the most affected sector of the human body is the spinal column.

If physical deficiencies are not rectified in time, they will have critical repercussions later upon the spinal column, such as: rachidian dystrophies, spondilosis, epiphisitis, disc diseases, medical, social and economical problems concerning both the treatment of this affections and the professional regrouping.

As a result, by strengthening the muscular structure of the column spine, inclusively implementing good posture reflex we will prevent or delay spinal column pathology , and not only. We can treat the actual deficiencies, improving it, and we will prevent the disorders that follow later

CHALLENGES ASSOCIATED WITH ADMINISTERING STANDARDIZED COMPUTER BASELINE CONCUSSION ASSESSMENT TESTING

Jeff G. Konin, PhD, ATC, PT⁵, Sarah Firebaugh, ATC, CSCS⁶, Heather G. Belanger, PhD⁷

Key words: ImPACTTM, athletes, methodology, sports

Abstract: Computer-based testing for head injury associated with sports-related concussion has increased in popularity over the past decade and is slowly becoming accepted as standard protocol for data

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comprising return to play criteria. The objectives of this study included: 1) To outline the standard protocol for administering a computer-based concussion assessment tool, 2) To identify components of the instructional process that may influence test outcomes, and 3) To provide recommendations for improving computer-based concussion assessment test administration and delivery. An observational study was conducted during pre-participation physical examination procedures at a NCAA Division I University setting in the United States. Fifteen division one intercollegiate athletic teams consisting of 412 student athletes (M = 241, F = 171) between the ages of 17– 23 prospectively recruited for baseline concussion assessment testing using. Each subject participated in computer-based assessment testing using the ImPACTTM. Validity of test results between single and group-testing format was measured. Results demonstrated 29 (7.0%, 9 = male, 10 = female) of the 412 baseline examinations taken were found to be invalid. Twenty-seven of the 29 (93.0%) invalid tests were taken in a group testing format with the majority coming from student athlete football participants. One invalid test was identified per team of participants who were individually tested. The average total reported symptom score was 6, with a range of 0-80 out of a possible 132 total points. Our recommendations are that subjects should be tested individually or in small groups by experienced and/or formally trained test administrators, implementing standardized directions, terminology, and symptom definitions.

PRESENTATION OF INTEGRA PROJECT EXPERIENCES

Papp Eniko Gabriela¹, Farkas Rozalia Aranka¹, Pescari Tatiana Ana⁸

Key words: integration, early intervention, prevention, socialization, acceptance, team-work, partnership

Abstract: INTEGRA project – service for prevention, rehabilitation and school integration, it started for special educational service and good practice model for children from special kindergartens and general kindergartens who have the risk of apparition of different disorders / late development, and for persons who are raising and educating these children.

These activities took place after the school classes and it benefited 100 children from kindergarten and their teachers and parents.

The organization of this project could be possible because of the benefits of funding from Educational Minister in the year of 2007 and getting the Project of school development.

FORMING OF TECHNICAL ELEMENTARY SKILLS AT THE THROWING OF „OINA” BALL USING EXERCICES FROM „THROWING SCHOOL” AT CHILDREN FROM FORTH AND FIFTH GRADES

Elena-Doina Mircioaga⁹

Key words: habituation, throwing, exercises, games.

Abstract: The obtain of value marks in the practice activity of instruction is in big measure conditioned of the determination and using the best exercises. For that ,in this paper. I select a series of exercises and games of movement because through contest, form and effect present some advantages instead of other physical

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exercises which we used and with their help, the students learn easier the technique elementary skills at the throw.

Tackled this subject, I proposed to bring a modest contribution through used ways at a proper training of the technique elementary skills at the throwing type, because this skill has a coefficient with higher difficulty in the process of learning.

CHA CHA – FROM BALLROOM DANCING TO A CREATIVELY ADAPTED PHYSICAL ACTIVITY

Popa Vlad¹⁰

Key words: visual impairment, adapted physical activity, dance

Abstract: People with visual impairment should not be deprived of any physical activities. They need it to gain in other senses so they can maintain a state of well-functioning in society or at home. It is stated that the visually impaired develop a greater dexterity by practicing physical activities. They also gain a mental comfort and a level of independence, and blindisms are diminished or they can even disappear.

Another positive aspect of physical activities for the visually impaired is that they get the opportunity to socialize and meet new people. By practicing physical activities with a group of people they can also develop a sense of altruism as they need to work side-by-side with others.

In this article, a different kind of adapted physical activity for people with visual impairment is dancing, to be more precise, Cha Cha. The goal of this activity is for the subjects to socialize, communicate, to develop a better sense of coordination and not in the least to develop or improve their sense of rhythm.

THERAPEUTIC APPROACH OF CERVICAL SPONDYLOSIS WITH MASSAGE AND SPECIFIC MCKENZIE PHYSICAL THERAPY

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Key words: Cervical Spondylosis, McKenzie Method, Sweedish Massage, Shiatsu

Abstract: This paper aims to present the use of massage and physical therapy treatment like means of rehabilitation in cervical spondylosis. We treated the patients with sweedish massage, Shiatsu tehnic and McKenzie method. This combination of different physical therapy means has proven itself efficient in this condition of cervical spine.

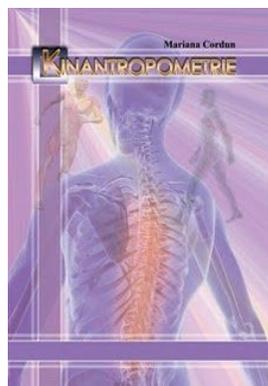
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KINANTROPOMETRIE

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Kinantropometria este o știință constituită de un grup de specialiști în 1978 și recunoscută printr-o Conferință în 1986, când s-a organizat și Societatea Internațională de Promovare a Kinantropometriei-Society for Advancement of Kinanthropometry.

Punctul nodal al acestei științe îl constituie evaluarea corpului omenesc în mișcare, integrat în mediul natural și social, cu alte cuvinte omul viu condiționat în evoluția sa de factorii de mediu interni și externi, grupați într-un sistem acțional, determinant care obligă la măsurători complexe, dar în același timp și mai precise.

Lucrarea abordează noțiunea kinantropometrie integrată în conceptul de antropologie, prezentând structura acestei megaștiințe, cu ramurile sale și întreg cortegiul lor de relații anterior construite și dezvoltate. Apreciem ca oportună prezentarea la începutul lucrării a aparatului noțional, cu valoare instrumentală, pentru înțelegerea capitolelor ce decurg din logica de abordare a textului.

Cartea d-nei dr. Mariana Cordun se derulează într-un ritm firesc trecând de la antropometrie la fiziometrie, motricitate și efort, ceea ce dezvăluie cititorului o gândire interpretativă de tip sistemic-acțional. În consecință, întreg instrumentarul folosit, probele și testele își prezintă valorile operaționale în construcția imaginii corpului uman integrat natural și social. Tot acest sistem este interpretat auxologic, în dinamica

ontogenetică (pe vârste) în concordanță cu legile creșterii și dezvoltării organismului uman, precum și a factorilor care influențează creșterea și dezvoltarea: genetici, hormonal, alimentari, geografici, culturali și educativi. Numeroasele date cuprinse în tabele comparative ajută la înțelegerea a ce înseamnă *secular trend* și mai ales importanța acestuia în performanța sportivă.

Indicatorii cel mai des invocați în investigațiile din domeniul educației motrice, înălțimea și greutatea, și corelați după diferite formule sunt prezentați în nomograme de creștere pentru cele două sexe. În acest sens, evidențiem că numai capitolul 3, care se referă la măsurătorile antropometrice, prezintă un număr de 30 indici și relații pe dimensiuni longitudinale, transversale, sagitale și circulare.

De mare utilitate în cercetare este diagnoza și prognoza creșterii în înălțime pentru care autoarea prezintă metode directe și indirecte, precum și numeroase tabele anticipative deosebit de utile în procesul de selecție a sportivilor.

Compoziția corporală este tratată cu multă claritate, atât din punctul de vedere al structurii, cât și al nivelelor de organizare, prezentând tabele procentuale corespunzătoare ramurilor de sport și mai ales, indicatori și metode (peste 25) ce pot fi aplicați de cei cuprinși în pregătirea sportivilor de performanță.

Apreciem ca deosebit de interesant capitolul referitor la tipurile constituționale și

exercițiile fizice considerate eficiente pentru fiecare tip în procesul de monitorizare al antrenamentului.

Viziunea asupra dinamicii antropometrice își găsește răspunsuri lămuritoare începând cu prezentarea, succintă, a mobilității articulare și supleței mișcărilor, urmată de metode de măsurare consacrate în practica de investigație, dar și de cele mai noi dispozitive și aparate care oferă date exacte privind valoarea acestor două calități ale aparatului articular și musculo-ligamentar.

Antropometria dinamică situează în centrul preocupărilor sale sistemul muscular cu aspecte privind structura, tipul de fibre musculare și de la sine înțeles, tipurile de contracție musculară. În acest sens, forța dezvoltată prin contracție reprezintă un indicator care furnizează un număr mare de informații despre starea de sănătate a subiectului, nivelul de pregătire și valoarea pârghiilor angajate în mișcare. Testele, probele, instrumentele și dispozitivele precum și tehnicile prezentate oferă posibilitatea oricărui specialist, în funcție de scopul urmărit, să aleagă mijlocul potrivit pentru un diagnostic corect al forței.

În același context al dinamicii este analizată și postura coporală, în mod fericit corelată cu echilibrul. În aceste două direcții autoarea are meritul de a cupla centrul de gravitație al corpului cu oscilațiile pentru echilibrare și a oferi metode și tehnici de mare precizie (cum este cazul aparatelor digitale pentru evaluarea echilibrului) pentru antrenamentul sportiv, cu deosebire în pregătirea tehnică.

Locomoția prin mers și alergare au fost mai complet analizate, odată cu perfecționarea tehnicilor video, care oferă posibilitatea unor măsurători exacte și în consecință, evaluări mai precise. Analiza acestor deprinderi din punct de vedere biomecanic, al traiectoriilor, vitezelor și amplitudinilor oferă date privind funcționalitatea sistemului muscular, echilibrul și calitatea sistemului nervos.

Alte capitole forte ale lucrării sunt cele referitoare la măsurarea funcțiilor pulmonară și cardiacă, corelate cu evaluarea capacității

de efort, care stau la baza întregului sistem kinetic. Testele, probele, aparatele și dispozitivele prezentate oferă posibilități de evaluare din cele mai diferite condiții, de laborator sau de teren și pentru fiecare ramură de sport. Aceste capitole, ca de altfel întreaga lucrare, pun la dispoziția cercetătorilor un instrumentar complet de evaluare a potențialului biologic al sportivilor, dar și a celor cuprinși în procesul de recuperare prin kinetoterapie.

În încheiere, recomandăm lucrarea d-nei prof.univ.dr. Mariana Cordun ca pe un vademecum de măsurare și evaluare a corpului uman în mișcare, ce nu poate lipsi din biblioteca studenților, profesorilor, antrenorilor și kinetoterapeuților preocupați de practicarea eficientă a profesiilor respective.

**Prof. Univ. Dr.
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