

3rd International Conference on

SPORTS MEDICINE AND FITNESS

October 05-06, 2017 Barcelona, Spain

Homogeneity among centers in the application of the Pilar Domínguez method in children and adolescents assessed by musculoskeletal parameters: A pilot study

Carme Carré Llopis

Instituto Pilar Domínguez, Spain

Background: Pilar Dominguez Method (PDM) is an individualized exercise program based in classical dance, intended to prevent and improve pain and musculoskeletal disturbances consequence of improper postural placement.

Aim: Aim of this study is to evaluate the homogeneity between centers in the results of the application of PDM.

Methods: 140 subjects from 5.1 to 19.1 year old (mean 12.3 ± 2.6), 100 (71.4%) females, with pain or some musculoskeletal disturbances (MSD), who assisted at one of the two centers of the Instituto Pilar Domínguez (IPD) were enrolled. PDM was applied in 1-hour sessions, twice a week for 5 months. Differences among the two centers in pain relieve evaluated by the VAS scale, flexibility by the Kraus-Weber test, and arrow's test, was evaluated. Statistical bilateral tests were undergoing with a significance level of 0.05.

Results: 73(52.1%) subjects were enrolled in Muntaner Institute and 67(47.9%) in M Girona. The most frequent disturbances were 43(34.7%) scoliosis, 18(14.5%) hamstring shortening, and 12 (9.7%) hypercifosis, without differences between the two centers. PDM produced a statistically significant positive effect on pain, flexibility and lumbar lordosis at 5 months. No statistical differences between centers were detected in any of the outcomes ($p=0.11$; $p=0.55$ and $p=0.51$) respectively.

Conclusions: PDM is an effective intervention in the improvement of pain and MSD, with similar results between centers. The effectiveness of PDM is independent of the center, provided the monitors are qualified to apply the method and the center has the required equipment.

Biography

Carme Carré Llopis has completed her PhD from Universitat Autònoma de Barcelona; MD from Universitat Autònoma de Barcelona, School of Medicine and; MSBS from Universitat de Barcelona, School of Biology. She is the Medical Director of Instituto Pilar Domínguez (IPD), a musculoskeletal maintenance and rehabilitation center. She has published more than 30 papers in reputed journals. She teaches at Barcelona University and at other recognized schools of professional studies.

ccarrel@gmail.com

Notes: