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Child athlete abuse syndrome; a new disease- Forensic definition

Micheal B Minix University of Kentucky, USA

The 2008 Reunion of the 1961-1962 University of Kentucky Football Class was our first Reunion since our story published in The book "The Thin Thirty" by Shannon Ragland. It is an historical book about 1962 University of Kentucky Football abuse and brutality tragedy, untold and hushed until this book's publication in 2007. As we organized our reunion, we began gathering information with questionnaires mailed to our teammates. We found our teammates suffered morbidity and mortality from the reports submitted. That resulted in our survey report: "A Longitudinal and Retrospective Study of The Impact of Coaching Behaviors on the 1961-1962 University of Kentucky Football Wildcats", Kay Collier McLaughlin, PhD, Micheal B Minix Sr. MD, Twila Minix, RN, Jim Overman, Scott Brogdon. We found 100% of our team mates who responded to the survey sustained physical, verbal and psychological (emotional) abuse and varying degrees of Post Traumatic Stress Disorder (Reaction) from coaching staff abnormal behaviors. 21% were struck by a coach's fist, or punched one or more times, 26% forearmed by coaches one or more times in the face, 9% kicked by the coaches one or more times and 4% had teeth broken by the coaches fists. Other abuses were recorded. Forty-six years following the football tragedy, the percentage of our deceased freshmen teammates, who stayed and played with the abusive coaches in the 1962 season, was near double our deceased teammates, who "pulled-out" from the team and did not continue with the team. Subsequently, this author researched and defined Child Athlete Abuse Syndrome, "A New Disease."

mbmsrmd@icloud.com

Effects of strengthening, stretching and comprehensive exercise program on the strength and range of motion of the shoulder girdle muscles in upper crossed syndrome

Elham Hajihosseini, Ali Asgharnorasteh, Ali Shamsi and Hassan Daneshmandi University of Guilan, Iran

Aim: The purpose of the study was to investigate the effects of strengthening, stretching and comprehensive exercise program on range of motion and isometric strength of shoulder muscles in patients with upper crossed syndrome.

Methods: In the present study, thirty female students with excessive FH (>46), FSH (>52) and Kyphosis (>42) angle were chosen as samples using purposive sampling method. The average of age, weight, height and body mass index of the samples were $22/13\pm1/77$ years, $61/36\pm1/95$ kg, $162/10\pm2/80$ cm, and $23/35\pm0/9$ kg/m2 respectively. The subjects were randomly divided into three groups of 10 experimental groups. The first experimental group performed strength training, second group stretch training and third group comprehensive training for 6 weeks. In this study, photogrammetric method technique was used to measure the angle of the forward head and forward shoulder. A flexible ruler was used to measure the angle of kyphosis (r=0.93). Leighton gravity flexometer and manual dynamometer have been used for measuring glenohumeral rotary range of motion (ROM) and isometric strength of scapulothoracic muscles, respectively. Data were analyzed using paired T-test and SPSS (21) (p≤0.05).

Results: There were significant or increase in the range of rotary motion, isometric strength of rotator muscles, and isometric strength of lower trapezius, upper trapezius and serreatus anterior muscles in shoulder of three types of exercise (strength, stretch, comprehensive training) was found after 6 weeks training ($p \le 0.05$). Also, there was a significant increase in isometric strength middle trapezius and rhomboid muscles in strength training after 6 weeks ($p \le 0.05$).

Conclusion: The results showed that the stretching and strengthening exercises are effective in increasing ROM and strength of the shoulder girdle muscle in patients with upper crossed syndrome and led to improve forward head and forward shoulder and kyphosis in this people.

Hosseinielham1988@gmail.com