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Applying analytical exercise after reconstruction of front cruciate ligament to improve static, dynamic balance and posture control

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During the period 2016-2017, 15 men were observed after reconstruction of the anterior cruciate ligament. They were on average 24-30 years old. The aim of the study is to assess the recovery of static, dynamic balance and posture control after overcoming a muscle imbalance. The program includes physiotherapy analytical exercises for the muscles agonists, antagonists and stabilizers of the three kinetic chains of the lower limb. Before the test for evaluation of static, dynamic balance and posture control, the range of motion in the knee joint was S: 0-0-135 oh, and the assessments of MMT - 5. Despite the good performance, test scores are lower than those of 20 healthy men aged 20 to 30. One finding is that restoring muscle balance is only one of the requirements for the implementation of exercises sensorimotor stimulation.

Biography

David Kantchev is a Philosophy Doctor in scientific field "Healthcare and sport"; professional field "Public health"; thesis (2012): "Physical Therapy in patients with spondilosis in the cervical spine ". SCIENTIFIC POSITIONS: Associated Professor (2016); PROFESSIONAL ORGANISATIONS: Secretary General and Member of the board of managers of the Bulgarian association of physiotherapists. He knows French, Spanish, English, Russian language.

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