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Neurodynamics in Soleus Functional Recovery: A Case Report

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A male military policeman of 41 years old is an amateur mountain racer. When he referred he stated that two weeks previously he felt a sharp pain in his left soleus while running. From that day the pain would only allow him to run 2-3 km before he had to stop. He presented at our clinic without bruising, inflammation and with complete articular ROM, and a correct walking pattern, however he did display a slight loss of muscle strength in the affected area. After examination an analgesic treatment was applied (massage therapy, dry needling, stretching and cryotherapy). After two physiotherapy sessions, the improvement was very slight. In the 3rd session therapeutic exercise with neurodynamics component was added. Immediate improvement of the musculoskeletal tension was presented at the end of the session. Continued exercising at home was recommended. After the 3rd session, he informed us that he could run at least 6 km. By the 4th session he was completely asymptomatic. We can conclude that neurodynamics with therapeutic exercise has great benefits in the normalization of voluntary muscle contraction after a traumatic injury, as well as its long-term maintenance.

Biography

Inés Llamas Ramos has completed her PhD from University of Salamanca, Salamanca, Spain. She develops her professional work in Salamanca. She has been Professor of the University of Salamanca, in the Department of Nursing and Physiotherapy. She has published articles about cancer and dry needling in reputed journals.

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