

The effect of hold and relax technique with rehabilitation exercises in reducing knee joint pain for players with Osgood-Schlatter syndrome

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The main purpose of the research is to design a rehabilitation program that includes (Hold – relax) techniques with rehabilitative exercises and to know its effect on functional efficiency and reducing knee joint pain for players with OSGOOD SCHLATTER syndrome.

The Researcher used the experimental method using the experimental design of one group using pre-post measurement, the sample of the research was selected from players with OSGOOD SCHLATTER syndrome. The Basic research sample (6) players and (2) players were in the exploratory study.

The Researcher used on the pre - post measurements a visual analog scale (VAS) to measure pain, the electronic goniometer to measure the range of motion of knee joint and isokinetic devices to measure muscle power around knee. Rehabilitation program implemented for two months and used three training units per week, which included (24) rehabilitation units on the program.

In light of research procedures, sample and statistical analysis, It was found that the proposed rehabilitation program had a positive effect on reduce pain and improve the range of motion of knee joint and improve muscle power around knee for players with OSGOOD SCHLATTER syndrome.

Within the limits of the Research sample and the results reached, It is recommended to direct the results of this research and the program to the workers in the field of motor rehabilitation and conduct other research using the method of proprioceptive neuromuscular facilitation technique on players with OSGOOD SCHLATTER syndrome.

Biography

Mahmoud elsayed has completed his PhD at the age of 30 years from banha University and postdoctoral studies from Department of Health Sciences Sport. I am member of sport medicine laboratory at Department of Health Sciences Sport. He has published more than 12 papers in reputed journals.