

## ***Stabilization of joints from a proprioceptional view***

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### ***Abstract***

A little provocation: Heavy strength exercises with a 10-15 reps., in combination with cycling, in a period of 2-3months have been the mantra in rehabilitation, - because it is cheap. – But sometimes we see reinjury or people who get worse after stopping their exercises. Are we able to stabilize the neck, the lumbar spine, the shoulder or the ankle that last for a long time after rehab? I think so. The proprioception and reflexes are often overseen in rehabilitation and exercising in sports. I claim that, If the Proprioception is working the risk of reinjury will be reduced. In the ballet world where dancers starts as children, they do not lift heavy weights, they only uses themselves and later on they might use pulleys in their exercises – but important is that they perfect their moving pattern by repetition.



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The most forgotten muscles are rotators; we exercise sagittal and frontal plane and forget to exercise the rotational stability in the early phase of the rehabilitation. The rotators are important every time you are shifting direction, and in cutting sports as soccer, handball and basket this gives a problem.

### ***Biography:***

Denis Nyboe is a Physiotherapist at Bene-fit Skørping, Exam.Accessability Consultant, Northern Region, Denmark, Experienced Physiotherapist with a demonstrated history of working in the hospital & health care industry. Skilled in Nonprofit Organizations, Budgeting, ERD, Coaching, and Team Building. Strong healthcare services professional graduated from Act2learn as Accessability Consultant. 1984 Educated Physiotherapist from Holstebro Denmark, 2013 Eksam. Accessabilityconsultant from Act2Learn, Aalborg, Denmark, 1988-2011 Owner of Bene-FIT Skørping, 2011- Physiotherapist at BeneFIT Skørping, 2013- Developing The-MET.