

Stabilisation of joints from a proprioceptual view

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Abstract

The 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. The most forgotten muscles are rotators, we exercise saggital and frontal plane and forgets 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

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