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Elastic resistance exercises in physiotherapy

Recovery process after different illness or injuries to a normal life is very long and difficult process, in which participate and cooperate many professionals-physicians, physical therapists, occupational therapists, trainers, conditioning specialist etc. In different stages of recovery process many procedures are used, special treatment interventions, most popular recovery techniques like hydrotherapy and massage, stretching, also nutrition-intervention, etc. Important role in recovery procedure play strength training and conditioning. To achieve optimal recovery result, therapy and/or training must be carefully planned and functional establish. As a very beneficial procedure, functional elastic resistance training with Sanctband, which can be optimally dose in and adopt to all stages of recovery procedure. Sanctband resistance training can be used not only like typical strengthening training, but can support recovery process by different ways. Areas, which can be used for elastic resistance training with Sanctband, as one of most modern devices, will be presented and documented by examples of research. Focus will be done on demonstration of various workouts and strength training in therapy, endurance training and therapy procedures to increase muscle stretch and expand the scope of joint mobility, coordination or training exercises, speed ability or training exercises, exercises to improve stability, general exercises or specific training for sports, exercises for the handicapped, exercises for children, exercises in pairs or groups and also on water exercises.

Recent Publications

1. Pánek D, Pavlu D and Čemusová J (2012) Water Surface Electromyography. In: Schwarz, M. (Ed.) EMG Methods for Evaluating Muscle and Nerve Function: 455-470.

Biography

Dagmar Pavlu is an Associate Professor on Charles University, Czech Republic and is the Head of Department of Physiotherapy of FTVS. She has received her Master's degree in Physiotherapy and Doctor's degree in Pedagogy and received her PhD (CSc). Further, she earned the degree of an Associate Professor in Exercise Physiology. She was the President of the professional organization of Physiotherapists of the Czech Republic. She is a Member of Accreditation Board by Ministry of Health and also a Member of EC of Association of Rehabilitation and Physical Medicine in Czech Republic. She was the Vice-Chairman of European Region of World Confederation for Physical Therapy. Her current research interests include analysis of the effect of physiotherapeutical methods and she has altogether 150 publications to her credit.

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