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# PHYSIOTHERAPY

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### L.A.F method, a new approach in physiotherapy in the management of mechanical dysfunctions

Stability re-training targets both the local and global stability systems. Activation of the local stability system to increase muscle stiffness along with functional low-load integration in the neutral joint position controls segmental or articular give.

Global muscle retraining is required to correct multisegmental or myofascial dysfunction in terms of controlling the site and direction of load that relates to provocation.

"L.A.F method (Location, Analysis, Facilitation), a new approach in physiotherapy for the management of mechanical dysfunctions.

L.A.F solves dysfunctions with 3 steps (3 R System):

Rebalance by global active stretch

Reeducation by proprioceptive and corrective technics

Retraining by the right patterns of movement adapted to morphology and physical condition.

L.A.F applies precise forces through manual techniques and provides accuracy to the movement being very effective in the physical condition recovery phase, in re-education and training for a high spectrum of populations. "

L.A.F ( Location, Analysis and Facilitation ). Is a pedagogic protocol that intend to align the right steps for the management of mechanical dysfunctions using natural patterns of movement to analyze the reasons or causes of the loss of mobility or stability. Our pedagogic method solves dysfunctions with 3 steps (3 R System): (1) Rebalance by global active stretch, (2) Reeducation by proprioceptive and corrective technics, and (3) Retraining by the right patterns of movement adapted to morphology and physical condition.

The pedagogic protocol is based on palpating bone references to analyze what happens during the integrated movement and to know if there are lacks of stability or mobility in the arthrokinetic chain.

In the corrective phase, forces are applied to facilitate certain segmental patterns of movement with sufficient stability. This system has an application to the clinic to avoid irritating the soft tissues before past traumatic episodes.

### Biography

Juan Castellano is an authority and leader of opinion in the prescription of exercise for health. He provide education to numerous institutions as Universities and hospitals, wellness centers and other health associations worldwide. He is a pioneer in the formal training of the prescription of exercise for health and Pilates method in physiotherapy in Spain. His programs have been accredited by professional colleges of physiotherapy, universities and by the National Continued Training department of the Ministry of Health. He begun his pre-doctoral program initiating clinical trials on diabetes type II in 2009. His research focused on the exercise and life style for promoting health, specifically the biological mechanisms. Nowadays, actually he is studying how the different type of exercises promote brain health and the effects of resistance and endurance exercise in partial autophagy deficiency in mice. His current project study the mechanisms of the exercise to promote health: circulating miRNA characterization and validation as epigenetic regulator of molecular response to exercise. (Start date: 01/01/2016; finish date: 31/12/2018)

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