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Brugger concept

In early 1950s Swiss neurologist Brugger developed a concept of "diagnostic and treatment of functional disorders of locomotors system". His approach is widely used in Europe, particularly in German-speaking countries. Many of the principles of Brügger's work are now considered part of the modern "standard care" areas, in which can be used today Brugger concept or therapeutical elements from this concept, will be presented and documented by examples of research. Focus will be done on demonstration of various procedures and/or exercises to increase muscle synergy, to influence coordination and to improve stability. As a very beneficial procedures in Brügger concept is functional elastic resistance training with Sanctband, which can be optimally design and adapt to all stages of recovery or treatment procedure in the physiotherapy and also in sport area. How to achieve optimal result in therapy and/or training, which must be carefully planned and functional establish, will be also discussed in the presentation.

Biography

Dagmar Pavlu has her interests in the physiotherapy and clinical kinesiology. She is an Associate Professor at Charles University, Faculty of Physical Education and Sport (UK FTVS) and is a Guarantor of study programs in physiotherapy at the faculty. She was the President Physiotherapists of the Czech Republic (till 2014) and from 2004-2008. She was the Vice Chairman of ER WCPT (European Region of World Confederation for Physical Therapy). She is a Member of Executive Board of Association of Rehabilitation and Physical Medicine in the Czech Republic. She is the author of two monographs and more than 150 special articles in journals. Her current research interests include analysis of the effect of physiotherapeutical methods.

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