Joint Event

32ⁿᵈ International Conference on

Psychology, Psychotherapy and Mental Wellness

8ᵗʰ International Conference on

Sports Medicine and Fitness

12ᵗʰ International Conference & Exhibition on

Physiotherapy, Physical Rehabilitation and Sports Medicine

November 21-22, 2022

Webinar

Exercising from a proprioceptional view

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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: If the proprioception is working the risk of reinjury will be reduced. In the ballet world where dancers start 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 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 educated Physiotherapist from Holstebro Denmark in the year 1984 in 2013 Eksam. Accessability consultant from Act2Learn, Aalborg, Denmark in between 1988-2011 Owner of Bene-FIT Skoerping and in 2011- Physiotherapist at BeneFIT Skoerping, 2013- Developing The-MET.