Global Physiotherapy Congress

November 17-18, 2016 Atlanta, USA

Scientific Tracks & Abstracts

(Day 1)

Jim Rivard, J Nov Physiother 2016, 6:6(Suppl)
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Dosing and designing shoulder exercises for local circulation and tissue repair

Jim Rivard
The Ola Grimsby Institute, USA

No specific evidence exist pertaining to which parameters are best suited to improve local vascular perfusion to a set of muscles to provide a means of nutrition, removal of metabolic exudates, recovery from tissue ischemia and normalization of neurologic based tone. Specificity in exercise dosage, emphasized in the Nordic training programs as Medical Exercise Therapy (MET), traditionally referenced training at 60% of 1RM to emphasize local circulation. This has been further emphasized in the STEP (Scientific Therapeutic Exercise Progressions) curriculum in the United States. The 60% 1RM range is used to increase local circulation, providing oxygen to repairing tissues. A comparison of 40%, 60% and 80% of 1RM for the purpose of improving local circulation to the infraspinatus, confirmed with Doppler testing, will be presented. Exercise design concepts for shoulder rehabilitation, as it relates to tissue impact and motor control as it relates to dose or load, time under tension, concentric versus eccentric resistance, line of pull and rest periods must also be integrated into these basic dosage concepts.

Biography

Jim Rivard completed his Bachelors in Physical Therapy in 1988 from the University of Puget Sound. He later received a Masters in Orthopedic Manual Therapy (1991) and a Doctor of Manual Therapy from The Ola Grimsby Institute (2008). He is the co-owner of MTI Physical Therapy, the Chief Academic Officer of The Ola Grimsby Institute and President of the American Academy of Orthopedic Manual Physical Therapists. He is the co-editor of a 3 volume textbook set on STEP (Scientific Therapeutic Exercise Progressions), as well as teaching Residencies, Fellowships and seminars in over 12 countries.

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Notes:

N Venkatesh, J Nov Physiother 2016, 6:6(Suppl)
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Influence of yoga on autonomic nervous system

N Venkatesh
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Since 1995 we have a regular individualistic cardiac Rehabilitation Program in our center for patients with Cardiac diseases and Post CABG (Coronary Artery Bypass Grafting Surgery) patients. There were many patients who returned to the program as they showed less improvement physically and mentally. In 2012 a retrospective study was done to see the cause of CAD (Coronary Artery Disease) for 1000 patients who had undergone CABG. The study revealed that 61.5% of patients were having low BMI and normal lipid profile. This made us think to do another study. In 2014 we took 40 post CABG patients who were on Beta blockers and we did an Autonomic Function test. Out of 40 patients 27 had sympathetic dominant result in spite of Beta blockers. Their physical and mental quality of life was low. Then we gave cardiac yoga program including yogic postural Repetitions, stretching, meditation and Diet education for these patients. They practiced with faith for 3 months. Then we repeated autonomic function test on these patients and only 4 out of 27 had sympathetic dominant result, while the remaining turned out to be parasympathetic dominant. This study shows that yoga plays a significant role in reducing the sympathetic out bursts and made them parasympathetic dominant. Their physical and mental quality of life improved.

Biography

N Venkatesh is working as Professor in Faculty of Physiotherapy, in Sri Ramachandra University, India. He has been in clinical and teaching Physiotherapy for the past 25 years. He is a PhD scholar and is working on “Influence of Yoga on Autonomic Nervous System”. He has received “Distinguish Service Award” by the Indian Association of Physiotherapists, the “Best Teacher Award” by the Vice Chancellor, Dr. MGR Medical University, Tamil Nadu and 51st Fellowship Award by The Indian Association of Physiotherapists 2013 (FIAP).

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Cristian F Reich, J Nov Physiother 2016, 6:6(Suppl)
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Bioenergetics: How the management of tissue energy in pathologies in soft and hard tissue can be modified with electrotherapy as the (one and) only treatment in physical therapy

Cristian F Reich
University of Buenos Aires, Argentina

The purpose of this study is to compare at least two different ways to treat patients who suffer, on the one hand, from soft tissue pathologies such as ulcers, arteriovenous wounds and the side effects of wound healing only by nursing care. And, on the other hand, patients who suffer from hard tissue pathologies for instance, when the bone does not heal. Subjects: Twenty patients (14 wounds) and (10 no healing bones) were randomly awed to the treatment groups. Methods: All patients received standard wound care consisting of wound cleaning twice daily, application of moist dressings and continuous relief of pressure until the wounds were healed. The ultraviolet protocol consisted of two treatments weekly using a lamp, it was calculated with National Biological Corporation devices, probe with a 400-nm. Wounds were checked every 14 days and surface areas were calculated according to some elements were calculated according to the criteria used to measure ulcers by decubitus Sessing scale, WHS scale, Sussman scale, PSST scale, PUSH scale, DESIGN scale and CODED scale, RESVECH scale and LUMT scale. Weekly percentage changes in wound area were compared. Results: Results showed that UVNA1 treatment had a greater effect on wound healing than nursing care did. The PEMF's Protocol consisted of 90 days where doses were calculated with clinical and Montoya Scales between 90 to 15 Hz and 50 Gauss. All patients who received PEMF's demonstrate a very high treatment for bones which have not healed in certain conditions. Conclusion & Discussion: Ultraviolet narrow band A1 and PEMF's showed decrease healing time in soft and hard tissue and it may allow for a faster return to rehabilitation programs, work and leisure time in patents with pressure ulcers and leisure activities and for those have non healing bones.

Biography

Cristian F Reich has completed his PT studies from University of Buenos Aires and he holds a chair in the University of Buenos Aires, Medicine School. He is the main Professor of Electrotherapy since 1996. He is an expert in thermal waters, Manual Therapeutic in RPG and POLD methods like Dry Needing, Percutaneous Electrolysis and Vestibular Rehabilitator. He was the chair in Electrotherapy from 1998 to 2008 at Entre Rios University, School of Medicine. He has been a Lecturer for many years and has delivered at least 100 talks in different countries. He has published a book and has written articles, book chapters and journals.

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Amritjot Kaur, J Nov Physiother 2016, 6:6(Suppl)
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Yoga and physical therapy: The art of healthy life

Amritjot Kaur
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Patanjali is the father of yogic sciences. It is the greatest gift to the world from the Indians. Yoga means to merge, join & unite. The objective of this study is to assess the findings of selected articles regarding the effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice on overall health. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Yoga is an ancient system of physical postures, breathing practices, and meditation designed to integrate body, mind and spirit that originated in India. Yoga is the way of life where in, art and science meets. Yoga aims at achieving a wholesome health in the form of physical, mental, psychological and spiritual wellbeing of the person. Yoga and physiotherapy plays a very important role in the prevention of a disease. If a disease has already occurred, they help in prevention of further complications and promote faster recovery from ill health. Yoga therapeutics may have the potential to complement neurologic physical therapy. Patanjali has described eight branches: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadi. These asana helps to develop the muscles and joints and the neuromuscular co-ordination. They help in the conditioning of heart, lungs, brain and other important organs of the body. Physiotherapy & yoga complement each other in enabling the patent to enjoy a good, wholesome health.

Biography

Amritjot Kaur has completed her Bachelor in Physiotherapy from All Saints Institute of Medical Sciences and Research, Ludhiana, Punjab, India. Currently, she is a Physiotherapist in Dhanaula (the rural area of Punjab, India). She always collaborates with patients to achieve efficient outcomes through evidence based rehabilitation. Her current areas of focus include treatment of the spine, hip, hand, foot and ankle etc.

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Sabah Gaber, J Nov Physiother 2016, 6:6(Suppl)
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Accuracy of clinical examination in diagnosing lumbar radiculopathy

Sabah Gaber
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Introduction: High percentage of out-patients who referred as LBP and radiculopathy were not diagnosed based on MRI or CT scan findings.

Clinical Question: In case of LBP and radiculopathy, are clinical examinations as accurate as MRI and CT scan?

Summary Study Design: Study design of articles retrieved is a diagnostic systemic review and meta-analysis entitled by "Neurological examination of the peripheral nervous system to diagnosis lumbar spinal disc herniation with suspected radiculopathy" published on 8th Feb-2013 N H AL Nezari. The systematic review targeted an important common disorder which is LBP with radiculopathy that may be dangerous if not diagnosed well and treated. The targeted clinical examination is helpful and famous. It is essential in objective evaluation and decision making.

Results: This systemic review includes 14 diagnostic articles; the results are similar from study to study and were combined. Results of each study were presented clearly and in form of forest plot for sensitivities and specificities: 3 on sensory tests; 3 on motor tests (paresis and atrophy); and 2 on reflex testing. Regarding the test of heterogeneity only the diagnostic meta-analysis software, developed by Zamora et al. was mentioned, which was used to pool the results of homogenous studies and it was not mention while using the fixed effects model and the random effects model.

Conclusion: Neurological testing procedures have limited overall diagnostic accuracy. Pooled diagnostic accuracy values of the tests were poor. All tests demonstrated: low sensitivity and moderate specificity. Neurological testing procedures in isolation do not provide an acceptable LR to indicate a disc herniation in patients with suspected radiculopathy.

Biography

Sabah Gaber has graduated from Cairo University, Egypt 1979 with a Bachelor of Science in Physical Therapy. She holds Diploma in Osteopathic Manipulative 2016 and Post-graduate Diploma in Pelvic Rehabilitation 2012. She has attended specific courses as Cyrix, Mc Connell approaches and Women Health. She has started her career from the Arab Contract Medical Center in Egypt and has done her Specialization in Musculoskeletal, especially in the Spine Disorders and Rehabilitation. She played a crucial role in establishing new specialty Women Health Clinic and Education. She has initiated Osteopath in treating her patients.

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Endashaw Abera, J Nov Physiother 2016, 6:6(Suppl)
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Changes and challenges in physiotherapy practice in Ethiopia

Endashaw Abera
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Physiotherapy practice in Ethiopia has undergone some changes during the few decades, responding to general social and medical developments. The greatest changes and professional expansion have taken place since 1990`s. Today, physiotherapy is an integral part of the national health care system and physiotherapists are important collaborator in the basic health care team in the communities. The greatest challenges for physiotherapists and their practice in Ethiopia are multifarious. The aim of this paper is to call attention to the changes and challenges in physiotherapy practice in Ethiopia. The Delphi method was used to obtain information from key informants involved in the area of physiotherapy practice from variety of the country. The majority of the participants were physiotherapists who had experienced physiotherapy practice either as a student or as a registered and licensed practitioner. Data were analyzed into subject and sent back to respondents for confirmation. The most important changes highlighted were: Public awareness up on the practice, recognition of the physiotherapist as indispensable medical care before the policy makers, and registration & licensure of the professionals. The most important challenges were: No formal continuous professional development (CPD) scheme yet in place, limitation on the public awareness, professionals dependency syndrome, discouraging working environment and lack of medical equipment for the quality care, private business taking advantage of the profession at the expense of the practice and most importantly lack of evidence-based practice. In conclusion, harmonized support and corporation are sought to transform the physiotherapy practice and to tackle the challenges faced by the Ethiopian physiotherapists in this resource limited country where physiotherapy medical service is still in the high demand.

Biography

Endashaw Abera has completed his Under-graduate degree in Physiotherapy from University of Gondar, Health Science College and Post-graduate studies from Addis Ababa University, School of Public Health in Health Informatics. Currently, he is the President of Ethiopian Physiotherapy Association, and working as Clinical Supervisor at CURE International, Ethiopia.

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Notes:

Raymond Chong et al., J Nov Physiother 2016, 6:6(Suppl)
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Individuals with a vestibular-related disorder use a somatosensory-dominant strategy for postural orientation after inclined stance

Raymond Chong, Brian Berl, Brian Cook, Paul Turner and Kyle Walker
Augusta University, USA

The vestibular system integrates information from head acceleration and infers the force of gravity and forces generated from and by the body to supply the CNS with critical information regarding spatial orientation. Vestibular disorders can affect an individual's sense of movement, visual stability and ability to maintain balance. This may result in a form of sensorimotor compensation in which the somatosensory system exerts a relatively larger influence on postural control. Here, we showed that individuals with a vestibular-related disorder exhibited a somatosensory-dominant response following stance on an inclined surface. It is likely that an individualized protocol to strengthen the relative sensitivities of vestibular, visual and somatosensory inputs will provide an effective intervention in patients with a vestibular-related disorder. In addition to examining activities that exacerbate symptoms and teaching alternate movement strategies, the results of our study suggest that incorporating somatosensory-dominant movement strategies may also be effective for rehabilitating the vestibular population.

Biography

Raymond Chong completed his PhD in 1997 from University of Oregon. He is the Director of Augusta University's Human Movement Science Lab. He is a lead Author in over 70% of his papers. In addition to serving as Executive Editor of the *Journal of Novel Physiotherapies*, he also serves on the editorial board of other journals including Gait & Posture.

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Workshop

(Day 2)

Amy Stein, J Nov Physiother 2016, 6:6(Suppl)
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Amy Stein

Beyond Basics Physical Therapy, US

The role of manual therapy for vulvodynia and overactive pelvic floor

Context: Many conditions of pelvic and sexual dysfunction can be addressed successfully through pelvic floor physical therapy.

Objective: To provide an update on the role of pelvic floor physical therapy in the evaluation and treatment of pelvic and sexual dysfunctions.

Aim: An update on peer-reviewed literature.

Methodology: To teach healthcare practitioners how to recognize pelvic floor conditions that can be addressed and treated by experienced pelvic floor physical therapists. To be able to differentiate overactive (hypertonic) pelvic floor disorders from underactive (hypotonic) pelvic floor disorders.

Results: Pelvic floor muscle overactivity and underactivity has been proven to be a successful option for pelvic and sexual dysfunction. Having an understanding of the role of the organs, nerves, fascia, and musculoskeletal system in the abdomino-pelvic and lumbosacro-hip region and how pelvic floor physical therapists can effectively evaluate and treat pelvic and sexual health.

Conclusions: Musculoskeletal causes of pelvic floor disorders affect a substantial proportion of men, women and children and pelvic floor physical therapy is a successful and non-invasive option. Pelvic floor examination by healthcare practitioners is essential in identifying when to refer to pelvic floor physical therapy. Further research is needed.

Biography

Amy Stein is the Founder of and a premier Practitioner at Beyond Basics Physical Therapy in NYC, specializing in "Pelvic floor dysfunction, pelvic pain, women's health and manual therapy for men, women, and children". Her treatment consists of a multimodal and a multidisciplinary approach to each patient's entire well-being. She is the author of Heal Pelvic Pain, an easy-read, self-help book and has recently made a home video called *Healing Pelvic* and *Abdominal Pain*: The ultimate home program for patients and a guide for practitioners. She is a Founder of Alliance for Pelvic Pain, a patient-oriented educational retreat, which is held one to two times each year. She is also a contributor to the medical textbook, *Female Sexual Pain Disorders*: *Evaluation and Management* and serves on the Executive Board of the International Pelvic Pain Society. She is a well-recognized expert in her field, lectures nationwide and has been interviewed in media outlets ranging from the medical segments of popular TV news shows, like *ABC's 20/20* to such newspapers as the *New York Daily News* and magazines such as *Elle* and *More* magazine. She is a member of ISSWSH, the NVA, ICA, the APTA Women's Health section, and many other organizations. She completed her Master's in Physical Therapy from Nova Southeastern University in 1999 and Doctorate in Physical Therapy in 2013.

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Scientific Tracks & Abstracts

(Day 2)

Harihara Prakash R et al., J Nov Physiother 2016, 6:6(Suppl)
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A study to improve physical fitness among school going children in Western India

Harihara Prakash R, Swati Sathye and Shyamsundar Raithatha
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Background: At present there are significant disparities in the gender distribution in India with a clear preponderance for males. At this juncture the government is taking all steps to improve the scenario. But the fact remains that there are very few initiatives being implemented to make the girl child stronger and healthier. Physical activity is important for everybody, including all teenagers, but especially for girls who are generally less active than boys in the same age. As teens juggle the transition from primary school to high school there are other pressures that come with it: socially, at home, and at school. Issues such as body image, the onset of menstruation, and general feelings of insecurity about the changing body can surface in these years. Physical activity sometimes takes a back seat to other priorities. However, physical activity is an important part of health and wellbeing, and girls should remain active as they grow up.

Purpose: This project is a part of a broader initiative aiming at developing physical fitness among school going girls of Vallabh Vidyanagar and Anand, Gujarat, India

Methods: 103 participants in the age group of 11 to 13 years were selected from Anandalaya School, SSR Vidya Mandir, St. Mary´s School, G J Sharda School and recruited for the study. Consent was taken from the parents before commencing the intervention. The participants were screened for any cardiac, pulmonary or orthopedic problems and then recruited in the study. Outcome measures included Rockport one mile walk test and Vo2 max. Physical activity questionnaire for adolescents was administered to know the baseline physical activity level of participants. Participants were assessed prior to intervention. Structured exercise program was administered for one month. The tailor made intervention program included jogging, skipping, DBE and *Suryanamaskar* was executed by physical training teachers at the school. Participants were asked to play any outdoor sports of their choice for a minimum of 30 minutes. Checklist for the exercise program for each student was maintained to check the adherence. Participants were re-assessed after the completion of intervention.

Results: Paired 't' test was used to analyze the data. Significant improvement was shown in terms of Vo2max and duration taken to complete Rockport one mile walk test.

Conclusion: Structured exercise program improved the physical fitness among the girl children.

Implications: The benefit of regularly participating in sports and physical activity is unequivocal. The implications are: 1. The health benefits are both physical and psychological; 2. The skills generated through sport - time management, focus, organization, goal setting, teamwork are transferable to other areas of their lives; 3. Sport can also build bridges and bring divergent communities together; 4. Sport is an investment in the overall economic, cultural and social health of our nations, and world. Hence, physical education in the form of exercises should be a part of every school curriculum to increase the chances of healthy living.

Biography

Harihara Prakash R is the Principal and Professor of K M Patel Institute of Physiotherapy, India. He has 18 years of professional experience in Clinical as well as Academics. He is a Doctorate in Physical Therapy from National University of Medical Sciences, Spain. He was awarded with Rashtriya Vidhya Saraswathi Puraskar for his excellent contribution in academics. He was former Dean, Faculty of Physiotherapy at Baba Farid University of Health Sciences, Punjab. He is a reviewer for some international journals. He is also in the panel of NAAC. He has obtained various skills by certification in the field of Neurology, Osteopathy and Manual Therapy from various countries. He has published and presented research papers in various national and international conferences.

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Tim Daelemans, J Nov Physiother 2016, 6:6(Suppl)
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A critical analysis of the current ideas on low back pain management and treatment: A novel view on discal pathology

Tim Daelemans
FICO Osteopathy Academy, Belgium

80% of the population develops low back pain, disabling them for more than two weeks of their work, in the course of their life. For decades physiotherapists are treating these patients with variable success. Therapies are mainly based on stabilising the spine and preventing compressional forces to the intervertebral discs. Most of the current therapies have a common basis; the patients spine should be relieved of physical stress especially in forms of shocks and lumbar spinal flexion should be prevented at all cost. Loading of the spine is to be prevented and core stabilizing excercises are the essence of most of the physical therapy approaches. Although these therapies are very commonly accepted as the standard of good spinal rehab, literature does not support the fact that they are efficient in low back pain patients including discal pathology patients. Tim Daelemans went on a basic critical analysis of these foundations of spinal rehab in his quest to find a more effective treatment. The result of years of research led to the conclusion that the basic ideas are rather outdated and this is the main reason why current spinal rehab approaches have very inconsistent results. He is now researching a novel model of biochemical pathogenesis of discal pathology rather than a biomechanical approach. Besides this, he will define his current insights on preventive and curative measures in low back pain management specifically in discal patients.

Biography

Tim Daelemans has studied Physiotherapy at University of Leuven in Belgium. He completed his Graduation at Flanders International College of Osteopathy and MSc in Osteopathy at University of Dresden. Currently, he is the Director of the Osteopathy Academy FICO in Antwerp (Belgium), Warswaw (Poland) and Krakow (Poland). He is the Head of the Scientific Research department and teaches at the academy. He is also an international Post-graduate Teacher on manipulation techniques and on discal pathology and semiology.

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Notes:

Mohamad Zein, J Nov Physiother 2016, 6:6(Suppl)
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Low back pain and golf mechanics

Mohamad Zein
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Golf is an international recreational activity in which people of all ages engage in and may have various benefits physically and mentally. Although it has many benefits, like most physical activities, excessive play of golf may also negatively impact the participant; the most common negative impact being lower back pain (LBP). In the general population, LBP affects 50-70% of people- mainly as a result of factors such as the improper usage of muscles, incorrect posture, repetitive bending, prolonged flexion, and trauma. Many factors have been proven to cause LBP amongst golfers; however the most common causes include improper use and overuse of muscles, incorrect posture, and technical errors during the swing, physical fitness deficiencies, lack of pre-game warm up, and the natural environmental conditions. It is crucial that the individual engaging in such a physical activity focus on and master the biomechanics of golf which include balance, accuracy, summing momenta, generating momentum, swing plane, common errors, and swinger, in order to reduce the risk and degree of LBP. The common errors to be considered in the biomechanics of golf are the no power and/or distance, topping and/or fatting the ball, air swing, incorrect flight path of the ball, lifting the body, and the movement of feet. LBP commonly seen in golfers may be treated through rest, manipulation, traction, and a good lower back rehabilitation program designed to regain maximal flexibility and strength.

Biography

Mohamad Zein has studied Physiotherapy at the Lebanese University in South Lebanon. He completed further training and specialization at Hospital Laperonie, Montpellier, France. His most recent studies include the completion of a DPT and Master courses in Sports Physiotherapy and Physical Activity at the University of Saint Joseph, Beirut, Lebanon. He also runs his own physiotherapy clinic, Mohamad Zein Clinic, in Tyre, South Lebanon and teaches several physiotherapy related subjects at the Lebanese German University, Tyre.

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Alime Buyuk Gonen, J Nov Physiother 2016, 6:6(Suppl)
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Investigating the suitability of single session clinical Pilates exercises as a home program and the effects on umbilical blood flow with Doppler ultra-son in pregnant women

Alime Buyuk Gonen
Jine-Fizyo Women's Health Clinic, Alanya-Turkey

Background: Researches that examine the effect of exercises done during pregnancy on uterine blood flow and offer results with objective criteria are seen. In the literature, the studies done in this area are more about aerobic exercise. The remarkable point is that it is not addressed exercises as a home program. It is observed that even if the exercises like yoga, pilates, Thai Chi aerobic that are popular in recent years is advised with exercise for pregnant women, in the studies conducted in this area, it is/was seen that the usability of these exercise models as home program and the effect of umbilical blood flow were not examined.

Purpose: This study is aimed to investigate the suitability of clinical pilates home exercise program for pregnant women and the effect of umbilical blood flow.

Methods: The study included 28 pregnant women between 24-32 weeks. Clinical Pilates exercises were implemented to pregnant women for 1 hour. Each of the selected exercises was repeated 10 times. Before and after Clinical Pilates workout sessions, pain, general well-being state, acute fatigue perception, state anxiety level and Doppler ultrasound and umbilical systolic/diastolic (S/D), resistance index (RI), pulse index (PI) values were examined.

Results: Wilcoxon test was used to analyze the data. Significant improvement was shown before and after exercise.

Conclusion: At the end of study, it was observed that single session exercise affected the umbilical blood flow, pain, fatigue general well-being state of pregnant women in a positive way and it was observed that applied exercises didn't cause anxiety. Because of their positive effects, it was concluded that clinical pilates exercises can be advised as home program.

Biography

Alime Buyuk Gonen has completed her Master's degree in 2016 from Hacettepe University which is the best backround in Turkey. She started directly her PhD at the Pamukkale University. She is one of the founders of Alanya Jine-Fizyo Women's Health Physiotherapy Clinic. She is working with Obstetricians and Gynecologists. She has three papers presented at multiple congresses. She has a special interest in pelvic floor physiotheraphy, pregnancy and exercises. She is organizing Women's Health Courses for Physiotherapists in Turkey. She aims to develop Women's Health Phsiotheraphy in Turkey.

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Emel Mete et al., J Nov Physiother 2016, 6:6(Suppl)
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Evaluation of the impact of iliacus triggers point on angle of pelvic inclination in healthy individuals

Emel Mete, Ufuk Yurdalan, Canan Gunay Yazici, Sultan Igrek and Ufuk Yurdalan
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The purpose of our study was to determine the effect of iliacus trigger point on angle of anterior pelvic tilt. 52 healthy students aged 18 to 25 years at Marmara University Faculty of Health Sciences were recruited. 45 students who had iliacus trigger point, included in the study. Before and after iliacus trigger point release technique, participants underwent a measurement of angle of pelvic inclination, a measurement of pain pressure threshold and Thomas test. Before and after iliacus trigger point release technique, paired t test used for analyzing of the angular difference. Average of anterior pelvic tilt of the participants were 10.16±3,85 and after iliacus trigger point release technique statistically significant decrease found in angle of anterior pelvic tilt (7.82±2.64; $p<0.05$). Significant decrease found in Thomas test results ($p<0.05$) whereas significant increase found in pain pressure threshold ($p<0.05$). The difference of angle of anterior pelvic tilt may result from decrease of iliacus activation. In case of the decrease of iliacus activation muscle spasm may be released. So it can be the reason of the decrease of Thomas test results. The increase of pain pressure threshold may result from decrease of muscle tenderness. As a result of our study, it was concluded that it is necessary to investigate the presence of iliacus trigger point in the treatment problems such as hip flexor muscle shortening and increased anterior pelvic tilt.

Biography

Emel Mete has completed her Bachelor in Physical Therapy and Rehabilitation from İstanbul University in 2007. She is currently enrolled in the Master programme in the Department of Physical Therapy and Rehabilitation, Marmara University.

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The effect of core stabilization on sport injuries

Veysel Akduman, Aysel Yildiz and Bayram Kapsigay
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Core is used to call lumbo pelvic-hip complex, included deep muscles like internal oblique, transversus abdominis, transversospinalis, quadratus lumborum, psoas major-minor, and also superficial muscles like rectus abdominis, external oblique, erector spinae, latissimus dorsi, gluteus maximus-medius, hamstrings and rectus femoris. It is known that a muscle is not responsible alone for ensuring the stability in the lumbar region, abdominal muscle fatigue cause hamstring injuries. Therefore, most of major muscles that provide stabilization in upper and lower extremities have been added in the core. Core weakness and instability is associated with upper and lower extremity injuries. It is expressed that lumbar extensor, gluteus maximus and hip external rotator muscles are weak in individuals with low back pain and lower extremity injuries. It is reported that thighs, trunk and hip muscle stabilization and strengthening training are important for prevention of athletic injuries. Many activities like running, jumping are unstable. Neuromuscular control requires maintaining stability and improving performance. Proprioceptive impairment in core may result in increased tension on the knee ligament and reduction of active neuromuscular control of the lower extremities. A good neuromuscular control and increased stability of lumbo pelvic-hip complex may reduce the risk of knee injuries, especially in women. It is stated that core muscles provide stability of abdomen, waist, spine and hip and also create the force required for the body rotation. It is detected that body which have the correct posture and adequately supported with core muscles, has a therapeutic role for chronic low back pain and core training increases dynamic balance. Consequently, it has seen that core training have a positive effect in terms of reducing the number of sports injuries on athletes' and improve trunk strength and stability. However, designed with different types of core training studies should be continued for understanding of the relationship between core training and sporting performance.

Biography

Veysel Akduman has completed his Bachelor degree in Physical Therapy and Rehabilitation from Afyon Kocatepe University and Master degree in Department of Physiotherapy and Rehabilitation, Sifa University. He is currently enrolled in PhD in Department of Physical Therapy and Rehabilitation, Marmara University. He is a Research Assistant at Marmara University.

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Tiwari Ashutosh, J Nov Physiother 2016, 6:6(Suppl)
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Physical and nutrition therapy in paraplegics: A holistic approach as alternative medicine

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Introduction: A comparative and broad spectrum comparative study of 15 people with spinal cord injury on different levels from different socioeconomic backgrounds with different levels of injuries as L4, L5, S1, and D1, D2 with physical and nutritional therapy was conducted and is a holistic approach as alternative medicine. The common cause of SCI is RTA (Road Traffic Accident) (45%) and fall from Height (FFH) (39.63%) and some of spinal compression on bilateral levels. Study focuses on progress of patients with physical therapy and alternative medicine as nutrition therapy in development, boost up of muscle power, nervous system and prevention of associated problems of SCI patients as skin infections, constipation, malnutrition, bladder and bowel functions, and other associated problems.

Objectives: The primary objective of study is to enhance the quality of physiotherapy treatment with help of alternative medicine and to reach the goal; and also to find the classical role and way of treatment of paraplegia.

Method: This was observational and routine examinational comparative study of patients of SCI who received physiotherapy along with Nutrition Therapy and patients who received only physiotherapy treatment. The progress of all patients was continually checked in a period of 15 days on the basis of both type performances actively and passively and their general health status.

Results: Fifteen patients are included and data was collected from their primary and secondary status. We find majority of cases aged about 20 to 30 years. At the time of study, most of individuals had been injured for longer than 6 months. We cross checked each individual during 15 days period, the initial median of both groups physiotherapy along with nutrition therapy and non-nutrition supported group is similar in first assessment of 15 to 30 days as 3-5% only. But we find huge difference in median of both groups after 30 days as 23% variation from nonsupport group in level of activities, performance on daily basis and in periodic comparative assessment on the basis of activities performed by them and some associated problems like bladder and bowel function, skin condition, chest infections and improvement of muscle and nervous system and mood changes of individuals. We find fewer incidences of infections and good quality of muscle power, and people are more confident with less mood swings (less than 32%) when compared to other group which is getting only physiotherapy as treatment.

Conclusion: We find that Nutrition Therapy in paraplegics with Physiotherapy as alternative medicine is very useful and can play a vital role to improve the quality of life by 21% when compared to those who are getting only physiotherapy. Alternative medicine can improve the rehabilitation program with less associated complications in paraplegics, with fewer incidences of pressure sores, chest problems, liver function and brain function by 34%. We find at last it may be best way to treat patients faster.

Biography

Tiwari Ashutosh has competed BPT from Chhatrapati Shahu Ji Maharaj University, Kanpur, India in 2009. He has completed MD in Integrative Medicine from Indian Institute of Alternative Medicine, Kolkata India in 2012. He was trained at F I Hospital Lucknow and Santosh Medical College Ghaziabad. He is a Certified Manual Therapist and Research Fellow in Rural Health in Alternative Medicine. He was a Coauthor of many research papers for international academies. He presented so many research papers in national conferences in India. He is dealing with spine and arthritis patients, and has special interest to treat children with disabilities. He founded Indian United Trust for social welfare activities in 2009. He is a well known person to be engaged in social welfare in the society. He is awarded as youngest best authors for his book, "*The Judgement of Night*" in 2013. He has written another book, "*Pain or Pleasure? Love*" in 2015.

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Global Physiotherapy Congress

Extinguishing the flames of burnout through pathoplasticity

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Pathoplasticity is a theory which utilizes the influence of personality style on mental health disorders such as depression, anxiety disorders and trauma experiences in order to develop successful treatment strategies for those dealing with mental health challenges. Burnout is defined as the physical, mental and emotional exhaustion, diminished interest in work, and doubt in one's value according to Stamm (2010). Burnout is associated with feelings of hopelessness and difficulties in dealing with work or in doing one's job effectively (Stamm). Concurrently Maslach (1982) defined burnout as a psychological response to chronic work stress that is typically characterized by feelings of exhaustion, depersonalization or cynicism and diminished personal accomplishment or inefficacy. From the perspective of the environment, Bakker, Demerouti and Schaufeli (2003) propose a model of socially induced burnout. Personal and environmental factors influence levels of burnout among physical therapists. Cultural factors and individual factors may also influence and explain different responses chosen by physical therapist professionals when dealing with burnout. In accordance to a socially induced model of burnout individual intervention strategies would need to be tailored based on interpersonal style of the individual experiencing burnout. Principles of pathoplasticity suggest that a tailored treatment strategy may influence treatment outcomes but focusing on various groupings of similar interpersonal behavior styles. This presentation will discuss how principles of personality style and pathoplasticity may help to influence successful strategies for mitigating burnout in the physical therapy profession.

Biography

Susan G Klappa is a Professor in Doctor of Physical Therapy program at Briar Cliff University in Sioux City IA. She completed her PhD in Education, Curriculum & Instruction from the University of Minnesota with a focus on Community Engagement. She completed her MPT degree from St. Catherine University and Master's degree in Physical Education. She has a special interest in "Disaster relief work, global and local public health". Her research interests explore how inter-professional collaboration, disaster relief work and international community engagement influence the formation of professional identity among physical therapists.

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Importance of modern awareness strategies in the field of physiotherapy practice using advanced social media

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It was in 90s that many advertising appeared in newspapers and bill boards everywhere, a huge sum of amount was spent on these to get the attention of crowds. It's now in the 21st century with the affordable smart phones and technologically advanced gadgets, marketing and advertising has become fast, advanced and cheaper. It's just in your fingertips you need to see what your friends are upto, or what they see, or what they buy, or what they are suffering from, you just have to peep into the social media profiles and you can scan a lot of potential details in one glance. In the modern era there is no person left in the planet who is not using a mobile phone or land phone. Communication has become a major part of life and business. You need to ask you need to communicate; you need to tell you need to communicate etc. Physiotherapy has a history from the world war times and it has come a long way in advance treatment methods and advancement in the academic knowledge too. We find bachelor, masters, PhDs and Researchers who are perusing future and practice in physiotherapy fields. In my topic we will see how social media has played a vital role of revolution from creating a profile account to making it into a business account. Few of the things which are widely used in social media are for online education, marketing, booking appointments, case discussion forums, Tele medicine, buy and sell, online consultation, webinars and so on. To conclude social media is a vital part of daily social life which helps to connect with patients and vice versa by just a few clicks. It's only LIKE it, SHARE it, and TAG it

Biography

Jaison Kiran Dsouza is a Senior Physiotherapist, Cupping Therapist and Fitness Expert. He completed his graduation from Father Muller Medical College, Mangalore under Rajiv Gandhi University of Health Science, Bangalore and FAGE Fellowship from Manipal University, Karnataka. He has worked as a Floor Manager (Asst. Manager)/Chief Physiotherapist at Talwalkars Fitness Company. He is a Certified Fitness Expert from Talwalkars Fitness Academy, Mumbai, India. He is a Certified BCLS provider from Saudi Heart Association approved and registered by American Heart Association. He is a Member of National Geographic Society and is trained Acupressure Therapist from Dr. Veerendra Vora, SanthaCruz Mumbai. He is also a Trained Acupuncturist from Dr. Ehab Hosni, Cairo University, Egypt. He is an approved Panel Member for Online Portal www.Doctor-e-Clinic.com, and www.whatclinic.com portal. He is the Founder of All India Physiotherapist Group (AIPG) with 20000 plus member, India first Facebook Physiotherapy Group with highest members.

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