The effect of aquatic and land exercises on pain, health related quality of life, kinesiophobia and disability in chronic low back pain: A randomized clinical trial

Published On: October 22, 2020 | Pages: 062 - 067

Author(s): Nilay Çömük Balci*, Ayça Aytar, Emine Atici, Gülen Takin, Mustafa Gülen and Mert Demirsoz

Background: This study aims to compare the effectiveness between aquatic exercise interventions and land-based exercises in the treatment of Chronic Low Back Pain. Methods: Thirty patients were randomly allocated to land exercise (n=15) and aquatherapy group (n=15). Both groups underwent Hot pack, conventional TENS, and continuous ultrasound. A water-based exercise ...

The effect of an exercise program in water on pain level and functional status in chronic nonspecific low back pain patients: A single-blind randomised controlled trial

Published On: September 10, 2020 | Pages: 049 - 056

Author(s): Ester Goldstein*, Ella Shoval and Nira Koren-Morag

Background: Lower back pain is one of the most widespread health issues today. Water-based exercise is an effective treatment to reduce pain intensity and disability. Objective: To assess the effect of a water exercise program on pain level and functional status in patients suffering from chronic nonspecific low back pain. Methods: One hundred and twenty-four volun ...

A comparative study on different surface balance training on dynamic postural
control in collegiate female athletes

Published On: July 07, 2020 | Pages: 036 - 042

Author(s): J Kaur*, Singh A and Grewal S

Purpose: The study aims to evaluate the effectiveness of different surface balance training on dynamic posture control in collegiate female athletes. Methods: The research was experimental in nature. The subjects were selected through purposive sampling. 40 female collegiate students were selected and divided into 2 groups. Group A was given star excursion balance tr ...

The underestimated and under rated role of Physiotherapists during COVID-19 in Pakistan

Published On: November 21, 2020 | Pages: 068 - 069

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Physiotherapists are healthcare professionals having direct contact with patients suffering from chronic disorders including COVID-19 [1]. Physiotherapists are also among the practitioners taking responsibility for the wellbeing of the COVID-19 and other infectious diseases management and outcomes thus sharing handsome amount of workload with healthcare systems [2]. ...

Diagnosing low back pain in an evidence-based way: How accurate are we?

Published On: October 22, 2020 | Pages: 060 - 061

Author(s): Rilind Shala*
Back pain is the leading cause of disability globally with 818,000 disability-adjusted life years estimated to be lost annually due to work-related Low Back Pain (LBP) [1].

Effect of proprioceptive training in male soccer players

Soccer is one of most popular and practiced sports. Although, we can establish its dynamic character as a determining factor that injuries to occur. Although, the majority of injuries are caused by contacts or impacts, a wide part of them are caused by receptions after jumping and changes of direction own of this sport. Here, we show the importance of a proprioceptive...

Why - Living in a War Zone?

After a trauma, an illness, a disability or an addiction, life becomes an uphill battle in all situations. Whether it is dealing with doctors, drug companies, mental health or rehabilitation professionals, living as an independent, self-sufficient human being is simply no longer possible. There are countless adjustments, accommodations and modifications that must be m...

A new paradigm is needed to guide the utility of functional electrical stimulation
Back in 2006, an invited commentary raised the question “are we asking clinically relevant questions”? The commentary referenced an application of electrical stimulation in a clinical trial [1]. This question regarding Neuromuscular Electrical Stimulation (NMES) and Functional Electrical Stimulation (FES) is as relevant in 2020. Based on the premise and presumption th ...