

### **Comparative study concerning training methodical line to junior I athletes of 400m flat running**

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**Abstract:** Training planning and scheduling to athletes performing the 400m flat running trial should consider the training factors, and the physical training should solve in an individualized and, at the same time, balanced way, the development of basic motor skills. The athletes on 400m flat sprint need skills, such as: speed, specific endurance, force, joint mobility and muscle flexibility.

**Key words:** *methodical line, training sessions, sportsmen, results*

### **Coaches' personality and its role in high performance sports activity**

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**Abstract:** Knowing the personality of the coach is very important, first of all due to the need of forming specialists according to the needs of the upgraded model for athletes capable of performance and high performance, secondly for the fact that the coach is the educator who should form the athlete, the coach is responsible for sportive performance.

**Keywords:** *personality, coach, model, abilities, sports performance*

### **The effects of psychological training on the anger-hostility mood states generated by competition stress**

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**Abstract.** The attitudes, the behavior and the personality of professional athletes, as well as the complexity and diversity of the factors that generate stress during competitions, are still far from being completely clarified. The increased states of psychological tension, accumulated throughout the days and hours prior to competitions, as well as the tensions accumulated during them, condition, usually, the quality and the success of the athlete's psycho-motor performances. **The purpose** of this research envisaged the analysis of the manifestation of the anger-hostility mood states in the professional middle distance and long distance runners, during stress-generating competition situations. **Methodology.** The research envisaged the dynamics of the manifestation of the anger-hostility moods, in three different stages, over a 6 month period (February-August 2011),

in 12 subjects with various experience in professional track and field, and in their particular event. The athletes, under their freely expressed consent, were subjected to three psychological tests, in three different stress situations: before two major competitions (national championships - selection competitions), and at the middle of the period between the two important competitions. The research instrument was the P.O.M.S. test (by McNair, 1971). **Results.** The subjects have gained the most in their way of approaching the competition, and controlling their negative, intense psychological tensions before an important competition, a fact highlighted by the statistically calculated significant differences. Finally, they managed to lower them considerably, thus developing their ability to regulate their reactions of hostility, generated by competition stress. **Conclusions.** The lack of a specially adapted psychological training envisaging the control of the anger-hostility moods might increase the risk of the athletes not recognizing the models for comparing the different psycho-affective moods, a fact that could generate confusion, which does not necessarily affects negatively the athletic performance, but it does not stimulate it, either.

**Keywords:** *competition, stress, anger-hostility, athletes, performance*

## **The impact of socio-cultural environment on the development management of sports activities**

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**Abstract.** Human social life involves a series of activities and concerns on a regular basis and an optional or necessary characteristic which in turn involve motric effort. Even if these activities are not what we define as a *social* concern, no doubt they are in a tight interdependence with the individual and global economic life by their conditioning and effects on this dimension. In other words, a life without motor activity will lead to the emergence of certain diseases, such as obesity, degenerative effect on the muscular system and disorders of the cardiovascular system which will have repercussions on the work efficiency at individual level and, eventually, at macro level. Thus, the human individual has to count on the balancing of the natural *social* evolution with the anthropo-physical needs characteristic to humans, such as movement, physical exercise and physical culture, in general terms. Here starts also the attempt, transformed during the last decades in economic phenomenon, to promote, to operate and to manage the physical culture and the benefits it provides globally, and to include it into the educational system. The remarkable economic evolution, largely due to the quick processes of mechanization and automation of the human society, has led to a reassessment of the needs of effort and physical behaviour of the individual, and of the degree of satisfying them in daily life.

**Key words:** *socio-cultural environment, management, sport*

## **The model in playing and training for 16-17 year-old football players**

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**Abstract.** This paper aims to highlight the main aspects of game design and training of football players during one of the most important stages of training (B juniors), a period in which the football player can be recruited among the senior teams, because now there are no game restrictions

and training in all aspects of sport training components. Among the important aspects of technical and tactical factors, this paper presents the results obtained in some physical tests, extremely important in the accomplishments of a performer as a future football player.

**Key words:** *football, model, practice, performance, juniors.*

## **Study concerning the optimization of physical training of junior handball players**

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**Abstract.** In the complex process of optimizing physical training process of handball players, according to the new features of competitive effort from the analysis of elite handball teams play all over the world, there is a particular importance as a starting point to identify concrete strategies (the factual basis necessary to achieve them) and their realization and application.

In this study we followed to obtain information on the importance given to physical training, weight and content - data collected through the questionnaire survey applied to the specialists. The data analysis reflects, in essence, that there is a medium degree of identification between the coordinates of the training of junior handball players in our country compared with those observed in large-scale competitions. Factors that need to be further developed are tactical and physical preparation. So, coaches opt for higher weights assigned to these components in the training, to professional model recommended by the federation. For physical training is reflected in expanding it to 35-40% to 30%. It also assigns an important general physical training, covering all driving skills, their share recommendations ranging from literature: speed (+5%), strength (+10%), power ( $\pm 10\%$ ), capacity coordination (-10%), intermediate skills (10%). In the means used to solve general physical preparedness objectives, we believe that the share allocated specific funds basic gymnastics is too low, and their choice is made apparent by reference to their structure.

**Keywords:** *handball, physical training, motor skills.*

## **Study on the Developing of a Model Syllabus on Physical Education and Sports within the Curriculum on School's Decision for Pre-University Education**

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**Abstract.** This study is a questionnaire survey aimed to obtain information about teachers' view of activities within the school curriculum. A percentage of 60% of teachers consider obligatory the presence of students in such activities and the remaining percentages were directed to the optional participation in these activities. Physical education and sport are considered indispensable for the development of the individual personality, being an integral part of the overall education program for each student.

**Key words:** *curriculum, questionnaire, physical education.*

## **Sociological Study on Students' Favourite Sports**

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**Abstract.** This study aimed to identify the preferences of high school students on the possibility of diversifying the syllabus of physical education discipline within the curriculum on school's decision. The sociological survey conducted by us can provide important information on sports subjects preferred by students, subjects that are not in the current curriculum, for a future reassessment of the CDS. This survey involved 50 students who responded to a set of nine questions. . Following the survey by questionnaire we observed students' interest towards the physical education and sports activities in the CDS. Among the subjects mostly opted by the respondents, we have found Basketball, Dance, Volleyball, Tae-Bo and Pilates.

**Key words:** *physical education, preference, students*

## **Sport completes human condition**

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**Abstract.** „Sport completes human condition” –Bernard Guillemain says – thus mentioning the many benefits it brings in the personal development of each of us. In this paper, we want to show that game and sports offer every person the chance to assert his true personality. Practicing a sport is both a pleasure and a need. People choose to do sport because this way they manage to break free from everyday worries, to forget the shortcomings and build more self-confidence. The release of everyday stress - this is purpose of practicing sports for maintaining vigour of mind and spirit. Sport releases mind, spirit, it gives us freedom that we cannot otherwise gain. Therefore, people who practice sport for pleasure are always open to new ideas, creation, to perform the tasks that most of the population denies from the start. Sport doesn't only have the quality to liberate the mind and spirit, it has the great ability to shape the character and of course, the body. And this modelling of character and body is the more efficient as it does not represent a harmful process to human beings, quite the contrary. People shape their body through physical exercise. Sport organizes, calms heated spirits and burdened consciences.

**Key words:** *game, sport, passion, courage, development.*

## **The impact of differentiated sportprograms over the social - professional integration of technical universities students**

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**Abstract** Sport activity represents an efficient way of establishing an identity based on capacities already known, through which the subjects multiply their reintegration options in the provenance

environment and the quality of life improvement options. They give to the individual the opportunity to reward, rebalance, release, improve physical and psycho-social condition, to engage in group activities, a strong position in relation to one self and others. It is known that exercise positively influences mental health, reduces the incidence and severity of diseases and pathological conditions, such as cancer, diabetes, cardiovascular disease, lung disease, obesity, all of which contribute to an improvement of the quality of life. Movement, physical exercises, competitive sport and mass activities contribute to the development of a positive image of oneself, to the implementation in everyday work of certain psychological states of self-regulation of the psycho-behavioral states.

**Key words:** *physical activities, students, quality of life, motility.*

## **The popularization of certain sport games as key factor to improve the health state and to attract young students towards an active life during their free time**

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**Abstract** We live in a society filled with inactivity, stress and aggression, in a world too hasty as to practice sport activities, dominated by cardio-vascular, pulmonary diseases and osteo-articular pain, where every day, unconsciously, we take a fight of survival with ourselves. Lack of sports culture leads to poor motor and body development. Regarding physical education, we notice rigid programs, out of age materials and old ways of working and evaluation, leading to capping and lack of interest towards the sport phenomenon. Through this project we aim to offer the possibility to each student to maintain or improve health independently through the practice of sports like football, handball, basketball, volleyball. It aims at attracting an active life of young students for a good economic and social efficiency, having a continuity even after completing their studies. It aims to permanently maintain a state of optimal health, problem that each of us should reach. It is much healthier "to prevent than cure", maybe that's why we should be more responsible in life and hence with our health.

**Key words:** *games, students, life, free time.*

## **Rhythm Development Through Means Specific to Rhythmic Gymnastics on Female Students Attending Physical Education and Sport Faculty**

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**Abstract.** This paper shows the impact of the working programs of the rhythmic gymnastics shape the body expression of female students in the first year (aged 20±), as well as the level of appropriation of the movement general basis. Therefore, 30 female students have been selected and they have been intensely involved for 14 weeks, performing 2 hours of rhythmic gymnastics per week. We observe a better ability of reproducing the rhythm and the tempo and a better correlation between the music and movement after 14 weeks of practicing. . The means applied for the expression

training have contributed to the creation of a movement form involving expressiveness and honesty, as well as to the improvement of the execution indices through the enhancement of the reproduction ability of the rhythm through percussion and movement.

**Key words:** *rhythmic gymnastic, music, rhythm.*

## **Sociological Study Concerning the Role of Physical Training in Volleyball Players' Activity**

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**Abstract.** The research aims at revealing the role of gymnastic elements in physical training to volleyball juniors, therefore, we have considered as necessary the achievement of a sociological inquiry applying the questionnaire method meant to analyze the trainers' opinions concerning the use of working methods, a compulsory approach which provides accurate data on the current methodology applied in volleyball. The questionnaire addressed to trainers (no 50), included a number of 15 questions having one possible answer, each question having an objective, namely, the achievement of certain real data on the way in which the physical training is performed at the level of junior volleyball players. The questions refer to the physical training of volleyball players and the lot includes trainers performing within several sports clubs and high schools in the country, responsible for the junior volleyball players' training. A large number of trainers wish to train multilateral players, though, none of them apply acrobatic drills within the training program. Because of the poor material conditions registered in the sports high schools from Romania, none of the trainers apply the modern technology as an evaluation means during the physical training of junior volleyball players, however, 90% of them would be interested in considering the information provided by these testing instruments.

**Key words:** *volleyball, physical training, gymnastics*

## **Role of gymnastic and acrobatic elements in volleyball players' physical training**

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**Abstract.** The purpose of the study was to determinate whether gymnastic and acrobatic elements would increase the vertical jump performance to 12 volleyball players (age 16±1). They have followed a physical training program for a period of 3 months, 2 training sessions of 45 minutes each per week, focused on means specific to the gymnastics, namely, acrobatic elements. The scores achieved were compared to those registered by the control group, made up of 12 volleyball players having the same level of training, following similar tasks and a classic program of physical training. Applying the Student test, one may notice that for the vertical jump with take-off, touching a fixed point with one hand or both hands, the difference between the two groups is significant, certifying the value  $p = 0.023$ , which reveals an increased significance threshold.

**Key words:** *volleyball, training, gymnastic*

## **Medical Staff Opinion on the Possibility of Using Strength Development Methods Based on Combinations of Regimes of muscle contractions in Football**

**Ciocănescu Daniel, Stoica Doru, Barbu Dumitru, Barbu Răzvan Mihai**

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**Abstract .** The paper aims to provide interdisciplinary to our research, through investigation, that focused on specialists in Medical Science, in order to obtain advice from the specialists involved indirectly in preparing footballers, regarding the strength training of junior I footballers. Analyzing the answers given by the experts consulted in the sociological investigation, we have been given some conclusions about the physical training of young players, landmarks in the direction of training programs.

**Key words:** training, strength, investigation

## **Attractive Ways of Practicing Physical Exercise with Medicine and Pharmacy University of Craiova Students**

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**Abstract.** The systematic review of the data obtained from the study publication aimed to obtain a better information on the practicing of physical exercise by the students and the way of attracting them towards motion. The study proceeds towards the identification of the main works that have dealt with the problematics of physical education at the university level with non physical education specialization faculties and to argue theoretically its role in promoting health through motion. At the same time, the study brings into discussion for the first time in Romania, the introduction of a new concept of physical education through the use of HOPSports system.

**Key words:** *physical education, attractivity, HOPSports*

## **Considerations about the planification and the dynamics of the training process**

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**Abstract.** The sport training must be well planned in order to achieve high performances. The programs are according to the physical and functional possibilities of the athletes. The high exigencies of performance sports lead to a high degree of improvement of the motor skills.

Achieving performance is the result of a training process spread out over several years, during which the athlete, through an integrative system, perfects his/her motor skills, techniques, physical and volitional abilities, and consolidates his/her knowledge and health condition. The comparative estimation of the data resulted in new guidelines for the planification of the training for the next work stage in terms of the workload, the intensity of the effort and the means to be used.

**Keywords:** *training, adaptation, planification, results.*

## **Theoretical and Conceptual Arguments Regarding the Research on the Quality of Life at the level of students**

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**Abstract.** The purpose of this paper is to identify a number of existing concepts currently focused on improving the quality of life by means of aerobics. The environment and, particularly the democratization of social life - act on the body's health through public hygiene practices and human interrelations, depending on the significance attributed to motor values (physical), of accessibility and the universalisation of exercise and sports and of growth in the level of demand from them. Research in recent years layed great emphasis on the quality of life with increasingly more information on the impact of physical activity on it. Rigorous research attests also a positive influence of exercise and sport on well-being. It was shown that the 'balance' model works for aerobics "" in the sense that negative psychological states (depression, anxiety, confusion, fatigue, moodiness generally) turn into relaxation and fun after.

**Key words:** *quality of life, student, review.*

## **Sociological study on the use of psychomotility skills during the junior fencers' training**

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**Abstract.** This paper analyses coaches' opinions regarding the use of psychomotor skills in training fencers, mandatory approach which provides precise data on the current action methodologies in fencing. The questions referring to the use of the psychomotility components in the fencers' training, the sample used 40 coaches representing several sports clubs and schools in the country. The respondents consider very important the psycho-motor training, although not all work in this direction, most using less specific and nonspecific means to develop the psychomotility components.

**Key words:** *fencing, junior, skills*

## **Improving psychological component, priority training of children and junior player in basketball**



**Ghețu Roberta Georgiana, Călinescu Brăbiescu Luminița, Burcea George Bogdan**

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**Abstract.** This study aims to highlight of influence of the mental capacity in training by using preparation means, carefully selected. The principle of acting was the systematic use of a set of resources based on adversity and competition. Final test results allowed us to conclude that repeated use of the proposal means have produce modification in the results . (number of execution, number of throws). Those have been superior to the most players. Apart from increase the level of performance we observed during the training, were recorded higher performance in official games.

**Key words:** *training, performanc , psychological component.*

## **Sociological inquiry concerning the physical training to tennis beginners**

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**Abstract.** The paper aims at identifying the parameters of the physical training in the practice of table tennis players for discovering the weaknesses on which we should react and to point out the type of the performer in this sports area. For analyzing the role of the physical training in the practice of table tennis players, we have considered the need for achieving a sociological investigation applying the questionnaire method which has provided us the trainers' opinions concerning the use of working methods, a compulsory approach which reveals accurate data on the activity methods applied for this sports branch. According to the answers received from the interviewed trainers, the physical training plays an important role in the sportsmen's activity. Though the physical training is considered as being highly important, most of the trainers allot it only 30% of the training activity within the annual planning.

**Key words:** *table tennis, inquiry, beginners*

## **Human resources in the management of romanian sports**

**Mangra Gabriel Ioan, Popa Marian Gabriel , Popescu Marius Cătălin, Forțan Cătălin**

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**Abstract.** The concept of human resources refers to all skills (intellectual, physical) required for the production process. Human resources of an organization are the employees, who enhance through the work they perform the other resources and contribute to the organization's objectives. Human resource management emphasizes the role and position of human resources within a system of relationships, meaning a mechanism operating with two sides: economic and social.

**Keywords:** *management, athletes, coaches, referees*

## **Performance and Management of Performance in Sports**

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**Abstract.** The present paper is a case study about the performance and the management of the C.S.M. Lugoj women’s volleyball team. The *individual questionnaire* was the method applied in the study about building a competitive work team. It was applied to 12 female players of the C.S.M. Lugoj volleyball team, aged between 15 and 35 and having practised sports for 4-20 years.

**Key words:** *team, performance sport, management.*

## **The Aerobics Course Effects on the Students of Physical Education and Sports Faculty of Craiova**

**Nanu Costin, Cosma Germina**

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**Abstract.** This paper highlights the effects of the aerobics class on 25 students (age  $21 \pm 2$ ), which were applied for a period of 14 weeks work programs that focused mainly on developing muscle strength and mobility. After applying these programs in the aerobics class, students showed positive differences both in strength testing and in the degree of overall coordination and flexibility.

**Key words:** *gymnastics, aerobics, students*

## **Sports Activities and Leisure Budget of Students from the University of Targu-Jiu**

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**Abstract.** The paper proposes a budget leisure radiographs of students from the University of Targu Jiu, in order to determine the place that occupy sporting activities occupy in their life. After applying a call and questionnaire-based surveys has shown a lack of a sporting activity among students, some of them motivated by the lack of materials needed to perform it.

**Keywords:** *sports, leisure, questionnaire*

## **The Contribution of Skill to the Development of Motric Ability and the Appropriation of Technique For the Beginner Volleyball Players**

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**Abstract.** The content and the methodology used in the training of beginner volleyball players do

not suit the expectations. The initiation of the study starts from the premise of existing progress stores concerning the optimization of achieving the main goal of the beginner's training: the ABC appropriation by the volleyball players including the building of a motric, functional and technical-strategical basis. The decisive involvement in the technical appropriation and its possible development at this age have contoured and directed for me the experimental context of the hypothesis check according to which, by potentiating the development of skill behaviours one can influence both the level of the other qualities and the one of appropriating the technique of the actions and the game. The operational programmes of the foreseen instructive components and the structures of the means used for developing coordinative aptitudes (skill) proved, by test results, their adequation to the achievement of the pursued instructive goals, the operational value of the used means and the high efficiency of the methodology proposed for experimental check, thus validating the study hypothesis.

**Key words:** *Game action; Coordinative aptitudes; Development; Motricity; Technical-strategical component; Efficiency.*

## **Role of Mass-media for Promoting a Physically Active Lifestyle**

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**Abstract.** This paper is counting the impact of the radio programs focused on the potential benefits of sports on the grown-ups' action determination. Thus, we have applied the inquiry method. For this reason, we have elaborated a questionnaire including 10 items and we have used it for a group of 60 persons made up of 30 men and 30 women aged between 20 and 40; these subjects being selected among those who listened at least once Radio Craiova Oltenia broadcast airing information concerning an active lifestyle through physical exercise, promoted under the slogan "Sports means life, enjoy sports." The inquiry indicates us the fact that grown-ups are aware of the role of the physical exercise for an optimum health condition, one of the reasons for which they are practicing sports activities during their spare time. We may conclude that the way in which the spare time is spent, highly depends on the individual's education and on the information the individual receives from exterior sources. The results deriving from the data interpretation, during the questionnaire, indicate us that most of the subjects positively appreciate the broadcasts on this topics and consider that the promotion of an active lifestyle through mass media means may considerably improve the quality of their life.

**Key words:** *radio, active, lifestyle.*

## **Sociological study on an active lifestyle among students at the non-specialized faculties**

**Popescu Sorin, Cosma Germina**

*University of Craiova*

**Abstract.** In order to achieve a standard harmonious physical development envisioned by the university curriculum, we considered necessary to develop together with the female students an awareness activity in which everyone to realize the importance of the physical activity organized for persons of their age and the multiple influences the physical exercise has on the body. The enquiry was made on 58 female subjects, students at the Faculty of Letters within the University of Craiova, office automation section, at the beginning and at the end of the academic year, period in which there were executed programs of aerobic gymnastics within the physical education courses. At the end of the experiment more than 85% of the subjects go to gym at least once a week.

**Key words:** *exercise, health, motivation*

## **Study of offence efficiency in conditions of superiority and inferiority at The Handball E.C. 2012, Serbia**

**Popescu Marius Cătălin, Forțan Cătălin, Mangra Gabriel Ioan, Popa Gabriel Marian**

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**Abstract.** Purpose During handball matches is too often seen that, in the situation of superiority and inferiority of one more or less players, they don't find an appropriate solution for tactical combinations and decide too soon to shot even they don't have perfect position yet. Some tactical solutions enable players to learn how to solve problems with creativity and courage in case of a game with one player more in the offence. A high level of dynamics must be maintained. The interaction with the pivot is very important as it enables the offensive team's numerical superiority to be taken advantage of.

**Key word:** *handball, offence, player, goals*

## **Self-Esteem and professional formation in physical education and sports**

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**Abstract.** This paper represents an observational study conducted on 60 graduate students. The study has been organized and conducted in January 2013, within the Faculty of Movement, Sports, and Health Sciences, at the "Vasile Alecsandri" University of Bacau, aiming to highlight the manifestation of self-esteem in the graduate students enrolled in the following master's programs: Curricular and leisure time motor activities, Athletic high performance, and Physical Therapy in functional education and reeducation. In order to know the subjects' level of self-esteem, the "Self-esteem Test," presented by the Quebec Psychologists Association, was used as an assessment instrument. The test comprises 20 questions that allowed the creation of a diagram of the graduate students' self-esteem. We used as research methods: the study of the professional literature, the testing method, the statistical-mathematical method, the graphical representation method. The results showed that 25% of the 30 male and 30 female students that were questioned have a high self-esteem, and that 75% have a medium-level self-esteem. The hypothesis stating that "the physical education and sports graduate students' level of self-esteem is above medium level in most

cases," as well as the one stating that "the female students have lower self-esteem than the male students," has been confirmed.

**Key words:** self-esteem, professional formation, graduate students

## **Comparative study on anthropometric indices related to improvement and development of motor skills to secondary education level pupils attending football special program school and “Decebal” School from Craiova**

**Stoica Doru, Barbu Dumitru, Barbu Mihai Constantin Răzvan, Ciocanescu Daniel**

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**Abstract:** The present research represents a comparative study concerning the differences of anthropometric indices related to the growth and the development of motor skills registered by two groups of pupils attending the 7<sup>th</sup> form, one belonging to a school having football as a major area of study and the other to a general school. As well, the present paper aims at indicating the level of physical and motor improvement and development to pupils attending the secondary cycle within the two school units.

**Key words:** *football, anthropometric indices, motor skills, performance.*

## **Contribution of motion games in learning technical process in the football game at representative team**

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**Abstract:** In the preparation of the representative football teams of technical process gymnasium methodic of teaching is very important, them having a important role, providing the basis necessary bilateral practicing of football game and for obtaining performances in competitions. The age of elementary school students is the period when development happens at all levels, including motor qualities as well as the consolidation and the learning of as many motor skills and abilities as possible.

Starting from these arguments we established the purpose of research taking the view that representative of the football teams – beginners, would be more attractive and efficient teaching of the technical process of football game through the movement games than the standard methods. The experiment was carried out during the two semesters of school year 2011-2012, only for the period favorable to outdoor working at team representative of School with The classes I - VIII - Razvad, Dîmbovița County, which has the better material conditions. In order to prove the efficiency of the used methods there were applied testing trials. The results confirm the set goal, as follows: accurately pass (progress was 54.85% between the initial and final test), keeping the ball in the air (progress was 23.03% between the initial and final test), long pass (progress was 70% between testing the initial and final) and a technical route (progress was 14.08% between the initial and final testing).

**Key words:** *secondary education, teaching, the game method, control samples.*

## **Role of physical therapy in improvement spasticity in children with cerebral palsy**

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**Abstract:** In cerebral palsy, spastic form, mobility and flexibility are influenced by central factors. Spastic muscles are affected with muscle hypertonic (abnormal resistance expressed by the execution of passive movements) predominantly flexor muscles of the upper limb and lower limb extensor muscles, especially in distal muscles (biceps elbow, fist, finger flexors, ankle –triceps sural) characteristic is, the phenomenon of knife blade. "Hypertonic condition - muscle contracture may evolve in time by fixing the advent retraction become permanent muscle can generate retraction posture abnormalities and deformities of the affected limb (foot equine, equine varus) or spine (scoliosis). „Infantile cerebral paralysis (ICP) describes a group of permanent disorders of the development of motor skills and posture, causing activity limitation or causes that are attributed to non-progressive damage occurring in developing fetal or infant brain. These motor disorders of cerebral palsy are often accompanied by sensory disturbances, perceptual, cognitive, communication and behavior, epilepsy and secondary musculoskeletal impairment " (Rosenbaum P, colab.2007).

**Keywords:** *improvement, spasticity, cerebral palsy*

## **Role of physical therapy in recovering musculoskeletal sequelae to hemiplegic shoulder ligament**

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**Abstract.** Vascular accidents are frequent neurological diseases in Romania which is estimated to affect over 300 people per hundred thousand inhabitants. Despite the scientific and medical efforts that involve a cure has yet been found to fully heal stroke sequelae, but new regimens significantly improve their quality of life. Recovery of function loss occurs most rapidly in the first 3 months after stroke, after disabling the recovery phase occurs at musculo-ligamentous, the worst recovered. Rehabilitation will focus on physical skills that were lost, based on general health before the stroke and the ability to perform tasks of daily life. Hence, we can see the importance of physiotherapy, which becomes part of the daily life of these patients, conditioning maintenance and preservation of the independence of these patients functional.

**Keywords:** *musculoskeletal sequelae ligament, hemiplegic*

## **The challenge of e-learning in medical education - applications in orthopedics**

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**Abstract.** “Continuing professional development” is an important concept for all professions. In orthopedics, diagnosis and treatment depend of the clinical accumulated experience, and intensive training with new technologies is required. E-learning solutions are perceived as a possibility to increase the quality of education, while simultaneously lowering costs. The ORTHO-eMAN project seeks to close the gap between engineering and medicine, by creating a new e-learning environment for human motion analysis. the project aims to offer to orthopedic doctors and to engineers interested in medical field, a common learning tool, with interdisciplinary approaches using learning methodologies and experience from previous EU project (“e-MedI – Virtual Medical School”). The project is offering a web-based e-training platform for human motion investigation, a repository of training material with real clinical case studies using digital imaging and an interactive multimedia database system containing full reports on patients receiving orthopedic treatment and an image database of static and dynamic measurements of walking.

The developing infrastructure will be foreseen to support e-learning, to manage access to e-learning materials, consensus on technical standardization, methods for peer review of these resources. Our solution presents numerous research opportunities for the target group, along with continuing challenges for documenting lifelong learning and it combines the design and problem solving skills of engineering with medical sciences, improving healthcare diagnosis, monitoring and therapy.

**Keywords:** *e-learning, case studies, orthopedics*

## **Dance therapy vs conventional exercise recovery in physical therapy hours**

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**Abstract.** Dance-movement therapy, (DMT) or dance therapy is the [psychotherapeutic](#) use of movement and [dance](#) for emotional, [cognitive](#), [social](#), behavioral and [physical](#) conditions. As a form

of [expressive therapy](#), DMT assumes that movement and emotion are directly related. The purpose of DMT is to find a healthy balance and sense of wholeness. Few experiences engages so good the person in its entirety, as does dance: body, emotions and intellect. Dance is the euphoria that not everyone feels, just the one that invests passion in injoining to move in rhythms of music. Those who do not hear these rhythms they simply live them, they feel vibrating in their bodies, their minds, trying to develop through movements artistic talent. This talent helps to highlight the beauty of the soul, through dance. They share their own need to the world, to be appreciated, to be admired, the cultivation of skills that seem to someone incredible, even impossible. I applied a questionnaire on the satisfaction survey of children with special educational needs in times of physical therapy.

**Key words:** *dance therapy, hearing loss, physical therapy*



## Somatoscopic and somatometric evaluation at a group of volleyball women athletes

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**Abstract. Introduction.** Aim of actual paper is to analyze the physic development and the state of nutrition corresponding to age at a group of junior women athletes that practice volleyball, by determining and evaluating the morpho-anthropometric parameters, in order to improve their performer biotype. **Material and method.** Growth and physic development evaluation was performed at Biometric Explorations Cabinet of Polyclinic of Sports Medicine Craiova, on a group of 20 women athletes that practice volleyball, with ages between 12 and 14,5 years. Women athletes' exam was made during periodic examination, in order to estimate the physic development and state of nutrition level, to compare the constitutional biotype of examined athlete with the one of biological model corresponding to the practiced sport, to establish some indications referring to worsening prevention or correction of possible observed physic deficiencies. **Results.** The data obtained after the measurements for physic development and state of nutrition evaluation were realized on the 20 studied women athletes and were compared them with the ones of the biologic micromodel characteristic to volleyball. **Conclusions.** The biologic model must constitute for the selection an objective that have to be reached and even exceeded by the future performers from all sportive disciplines. The biologic model of the studied athletes is not superposable to the one appertaining to volleyball performer for all investigated biologic parameters; but junior women athletes are during the primary or secondary selection stage and there are not yet changes of the morphotype according to effort solicitation type.

**Key words:** volleyball, somatoscopic, somatometric evaluation

## Assessment of the components of stance and dynamic balance in elderly patients after stroke

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**Abstract.** The purpose of this paper work is to establish the extent in which stroke affects the hemiplaegic patient's capacity to maintain balance and if the location, type of stroke and gender of patient can influence its evolution.

**Material and method:** 20 subjects were assessed: 17 men, 13 women, average age  $56.63 \pm 7.63$ , 10 subjects with hemoragic stroke and 10 with ischemic stroke, 14 with right hemiplaegia, 16 with left hemiplaegia. The period of time passed since the accident was about 2.77 years. The following components were assessed: motor, sensitive and cognitive of stance balance (quiet stance with eyes closed/open, on the floor and foam) and dynamic balance (10 m walking, "time up and go!" TUG) and Activities Specific Confidence Scale (ASCS).

**Results.** There were significant differences between subjects with hemorrhagic and ischemic AVC regarding ASCS [ $t(28) = 3,98$ ;  $p < 0,05$ ]; 10MWT [ $t(28) = -4,28$ ;  $p < 0,05$ ] și TUG [ $t(28) = -5,32$ ;  $p < 0,05$ ]; cognitive component in 10MM (28) = 3,45;  $p < 0,05$ ], TUG [ $t(28) = 0,80$ ;  $p < 0,05$ ] and quiet stance on foam/eyes closed [ $U = -2,74$ ;  $p < 0,05$ ], Quiet Stance on Foam/cognitive component

[U = 50; p>0,05], Quiet stance on foam/ eyes closed/ cognitive component [U = 42; p>0,05]. There are significant differences between 10MWT/10MWT with cognitive component [ t (29)= 0,61; p< 0.05] and also TUG/ TUG with cognitive component [ t (29)= 13,75; p< 0.05].

**Conclusions:** Stance and dynamic balance is affected in all cases, especially in ischemic stroke localized on the right side. Localization, type of stroke and gender of patients influence the evolution of balance in hemiplegic patients.

**Key words:** *cerebrovascular accident, balance assessment, 10 m Walk Test, TUG, Balance Confidence Scale*

## **The importance of kinetic prophylaxis in harmonious development of the somatosensory parameters to preschoolers**

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**Abstract.** The concept of a "harmonious child's development" has been studied a long time by the representatives of the most advanced educational and is of the utmost importance to the family and in school, for parents who grant attention to problems of education. This concept is great and full of meaning, as it incorporates all facets of life a child and the holistic approach we are working toward the need of planting all their skills contained in it. A common concern in the field of the child's harmonious development is represented by delays in development consisting of the retardation in the purchasing age specific skills in step of development. The purpose of research has been the importance of kinetic prophylaxis application of harmonious development of the parameters in somatomotor to preschoolers. The means for the exploration and evaluation, used in the research to assess the development of preschool children, are relevant and give the necessary information to highlight the role of kinetic prophylaxis to this category of age. Kinetic prophylaxis may constitute an early operation and welcome to the problems of delay in development, and knowledge and its application on a large scale it should be a special concern of parents and those working in mass caterers of preschoolers.

**Key words:** *development, kinetic prophylaxis, preschooler*

## **Effect of physical training on hemodynamic parameters in hypertensive patients**

**Danciulescu Daniel, Stuparu Gabriela-Lia**

*University of Craiova*

**Abstract:** Objectives: The main aim of the study was to evaluate the changes of hemodynamic parameters, anthropometric and biological hypertensive patients after a rehabilitation program lasting three months. Means and methods: We conducted the study on a group of 35 patients aged 45-65 years with blood pressure values between SBP (systolic blood pressure) 150-170 mmHg and DBP (diastolic BP) 90-100 mmHg (hypertension stage I and II). Patients underwent a program of lifestyle change over a period of three months. Patients were assessed before the start of the rehabilitation program and then divided into two groups: Group A, the persons involved (20 patients) and group B, untrained persons (15 patients). At the beginning and end of the study, anthropometric parameters were monitored: weight (G), height, body mass index (BMI),

hemodynamic parameters (ambulatory blood pressure monitoring): heart (FC), SBP and DBP and biological parameters: blood glucose, serum total cholesterol, LDL-cholesterol, HDL-cholesterol, triglycerides. Results: We have compared the results of anthropometric parameters, hemodynamic and biological agents before and after three months of monitoring. After 3 months we received: in group A, a significant decrease in CF (mean of 8.1 beats/minute with statistical significance  $p = 0.025$ ), SBP (mean 8.5 mmHg,  $p = 0.035$ ), DBP (mean 3.4 mmHg,  $p = 0.041$ ), G (mean 2.55 kg,  $p = 0.015$ ) and BMI (mean 0.87 units,  $p = 0.037$ ), compared to group B where we achieved a decrease in FC on average 4.2 b / min,  $p = 0.161$ , SBP on average 3.6 mmHg,  $p = 0.124$ , average DBP by 2.3 mmHg,  $p = 0.268$ , and a significant decrease in G and BMI.

**Keywords:** *hemodynamic parameters, cardiac rehabilitation, physical training.*

## **Kinetotherapy in knee rheumatic pathology**

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**Abstract.** Gonarthrosis is one of the most frequent localization of the degenerative rheumatism. Aspects, such as: the axial deformations in the frontal plane and the invalidity degree they determine, particularly, when dealing with advanced stages, the patient's reduced level of autonomy, the risk to which the patient is submitted if gonarthrosis is not treated properly and in time and if the kinetotherapy programs are absent, determine me to organize my research around this disorder. Following the recovery treatment, we have presented the results as they evolved from the initial examination to the end of the treatment session. The recovery treatment should be continued at the patient's home or working place, considering the limits imposed by the local or general contraindications of the traumatism. Subjects' training from the beginning of the recovery program on the aimed objectives and the effects of the physical drills on the body, as well as the existence of a strong motivation, have led to the optimization of the treatment through their conscious and active involvement.

**Keywords:** *goniometry, gonarthrosis, muscle.*

## **Study of neurophysiologic pattern at handball and volleyball athletes**

**Enescu-Bieru Denisa<sup>1</sup>, Călina Mirela Lucia<sup>1,2</sup>, Brăbiescu Călinescu Luminița<sup>1</sup>, Kese Anamaria<sup>1</sup>, Neamțu Oana<sup>1</sup>, Neamțu Marius Cristian<sup>3</sup>, Cosma Germina<sup>1</sup>**

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**Abstract.** Our objective was to identify a possible neurophysiologic pattern associated to the practiced sportive activities, by studying the electroencephalographic activity of handball and volleyball athletes. The study was realized on a group of 20 male professional players, 11 handball players and 9 volleyball players (different stress degrees of the upper members), active for between 5 and 12 years exclusively in either handball or volleyball. Using Nihon-Kohden EEG-9200 device, was recorded EEG line during some activities (relaxation-contraction), which can emphasize possible characteristic cerebral patterns, EEG analyze was made by assessing the classic rhythms. In order to perform spectral analyze was used fast Fourier transformation and for waves values

comparison was used Pearson correlation coefficient. For handball players was remarked a high degree of correlation for theta and beta indexes and also a correlation in the dominant hemisphere for alpha1 and 2 waves, accompanied by a slight increase of theta waves values, in comparison with the volleyball group where the theta waves had the highest values and the correlation of EEG indexes was small. EEG complex testing of professional sportsmen, as well as the outlining of an EEG pattern specific to studied sportive discipline, represent an original aspect of this study.

**Key words:** *neurophysiologic pattern, electroencephalography, handball, volleyball.*

## **Needs analysis of lifelong learning on neuromuscular diseases for romanian participants to nmd-pro project**

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**Abstract. Introduction:** The focus of this paper is on the role of demand and motivation, through participants's needs analyzes, in adult education and formulating agendas for health, social, educational policy and quality based on their own needs and experiences. The research has been carried out within the framework of the *Grundtvig Learning Partnership* project "Neuromuscular diseases: professional parents and patients (NMD-PRO)". **Objective:** This study aimed to identify the project participant learner's educational, professional/personal needs in caring process and social inclusion. **Material and methods:** The methods used in this research are document analysis and mathematical statistic analysis of a quantitative survey. Romanian partners, University of Craiova and Parent Project Association, have carried out 154 interviews using a mix of different methods (face to face interview, distribution of the questionnaire through electronic format). The chosen interviewed people were parents/relatives carers or trainers/teachers/medical specialists who have experience in working with NMDs affected people. **Results:** A high majority of Romanian respondents are very unsatisfied about proactive intervention to help families and patients avoid the social problems and social isolation (122/154, 79.2%), modified/adapted sports, summer camps, and youth groups/programmes (134/154, 87%), availability of assistive devices (78.6%, 121/154) or adapted transportation, accessibility and mobility facilities (136/154, 88.3%). **Conclusions:** This survey offer different aspects concerning the needs for medical/caring education in NMDs and point to a possibility of a gap between the EU policy and programs and the general public awareness on neuromuscular diseases.

**Keywords:** *Neuromuscular disease, need analysis, lifelong learning*

## **Impact of physical exercise on the cognitive impairment in the elderly – case study**

**Fita Ioana Gabriela<sup>1</sup>, Mihaela Macovei-Moraru<sup>2</sup>, Luminita Diana Marinescu<sup>2</sup>, Gabriel Ioan Prada<sup>1</sup>**

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**Abstract:** The cognitive disorder is a common disease, specific to the elderly, with a significant social and economic impact. The current treatment of this disease is mainly symptomatic; that is why prevention is essentially important in the development of this disease. One of the most affordable methods of prevention is physical activity. This article is based on the case study of a 72 years old patient suffering from a mild cognitive impairment, who has been included in a program of light physical activity.

**Key words:** *physical activity, elderly, cognitive impairment*

## **Gait analysis – a normative plantar pressure study**

**Ionescu George<sup>1</sup>, Avramescu Elena Taina<sup>1</sup>, Luminita Georgescu<sup>2</sup>, Marius Cristian Neamtu<sup>3</sup>**

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**Abstract.** The purpose of this study was to establish a dataset for gait parameters, *recte* the variation of plantar pressure, measured in different sub-areas during the roll-over of the foot during walking for a normal population. Also we wanted to appreciate the predictive factors for trauma risk by analysis of recorded parameters using footscan balance and gait curves . The study was conducted on 82 physical education students that had no history of lower limb pathology at the time of the study. The subjects walked at over a 10 meter long walking path, having a built-in pressure platform (Footscan ®, RsScan International Footscan Scientific Version, RSscan International, Olen, Belgia, performing measurements at 500 Hz frequency in 2D mode, measurement surface 0,5m x 0,4m ) mounted on an AMTI force platform. We measures different variables as initial contact, final contact, time to peak pressure and the duration of contact. The investigated subareas of the foot were the lateral and medial heel, I to V metatarsal heads and the hallux (8 regions from the maximum accesible 10). These findings provide a reference dataset for temporal characteristics in plantar pressure during walking of young adults. We estimate that our research can be relevant in the evaluation of gait patterns with application in pathology and rehabilitation.

**Keywords:** *Plantar pressures; Gait; Rehabilitation*

## **A twelve-week core exercise program for elite junior tennis players with low back pain**

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**Abstract.** Low back injuries in tennis players are among the most challenging and frustrating clinical situations for sports physicians to diagnose and treat. The purpose of our study was to evaluate the effects of a 12-weeks intensive intervention program on core musculature in elite junior tennis players suffering from non-specific low back pain in order to have a safe and speedy return to high-level sport activities. This core program included different types of exercises aimed to reduce back pain, improve lumbar mobility, increase muscle flexibility, core muscle strength and endurance, and addressed to elite junior tennis players with low back pain. The study concluded that abdominal and low back exercises are important in strength and rehabilitation programs designed for tennis players. We consider that the combined core stability training is a reasonable approach that should result in pain reduction, skill enhancement and a safe return-to-play of a junior tennis player.

**Key words:** *junior tennis players, low back pain, therapeutic exercises*

## **|The role of the muscular toner methods in fitness pilates**

**Lupu Stănică Gabriel, Cristuță Alina Mihaela**

*„Vasile Alecsandri” University from Bacău, Bacau, Roumania*

**Abstract.** By monitoring permanent the last news in the field of fitness and the movement sciences in the last decade I have found that there are two complementary concepts of which the notorious increase exponentially – muscular toner and the method of Pilates exercises, both controversial and which also make the purpose of this research. Both, the method Pilates as well as the methods of de muscular toners are highly publicized and intensely promoted as being the key to obtaining an ideal physical conditions without too much effort. Sure, an intense media coverage and exposure of society to activities involving various forms of motion is beneficial, but a old method of almost a hundred years, as is the method Pilates can respond to the needs, but also needs as expected on which modern man has from. Despite its popularity Pilates method, in Romania but also at world level, clinical studies and research which has as a subject of identification and scientific demonstration of the effects in application of Pilates exercises are not enough present, fact what conditioned our research to reporting and account on the results obtained from its own procedure to check exposed theme for the purpose of research.

**Key words:** *muscular toners, activity, fitness pilates*

## **|Aerobic exercise in modulating lipid profile and cardiovascular risk**

**Macovei-Moraru Mihaela, Luminița Diana Marinescu, Roxana Popescu**

*University of Medicine and Pharmacy of Craiova, Romania*

**Abstract:** This study analyzes the contribution of aerobic physical exercise in relieving somatic and

biochemical parameters in a group of patients with dyslipidemia. In comparison to the control group (n = 20) in the study group (n = 33) we found the resize of abdominal waist (decreased with 6,02%) and body composition (decreased with 8,07%), the decrease of LDL cholesterol with 4,8%, of triglycerides with 3,7%, the increase of HDL cholesterol with 6,8%, improved cardiovascular risk SCORE and the other indexes of risk (Castelli and Reaven).

**Key words:** *aerobic exercise, dyslipidemia, cardiovascular risk*

## **Simple and effective means of treating the achillean tendinopathies caused by overuse, in athletes**

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**Abstract.** Tendinopathies are frequent injuries, caused generally by an overuse of the tendon. The overuse hurts and disorganizes the tendon fibers, taking them weeks to fully recover. A coherent treatment should be based on the analysis of the biological and mechanical factors that caused the tendinopathy, and on the use of techniques that have proven to be useful for rehabilitation (evidence-based physiotherapy). For treating the achillean tendinopathies in athletes, caused by overuse, one can use a combination of sports massage and deep tissue massage; both methods imply a movement of the injured muscle fibers (replacing the effect of normal movement, which would constitute a risk), the appearance of hyperemia, maintaining it long enough to allow the treated anatomical part to respond to the following exercises, and ensure a durability of the effects, a fact that allows the athletes to perform better after the treatment. By treating properly and gradually not just the tendon, but also the attached muscle, and the proximal areas, one can ease the pain, extend the range of motion, and facilitate the healing process. The combination of these two methods of massage gives us a simple and effective means of treating the overuse-caused achillean tendinopathies in athletes.

**Key words:** *achillean tendinopathy, sports massage, deep tissue massage*

## **New approaches in synthesis and processing medical data**

**Neamțu<sup>1</sup>Marius Cristian, Elena Taina Avramescu,<sup>2</sup> Oana Maria Neamțu<sup>2</sup>, Denisa Enescu Bîeru<sup>2</sup>**

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**Abstract.** It is very important to protect the patients` confidential data and that is why it was necessary to create special medical folders in a certain format to store images and data. The final result of the present research is setting up a synthetic data base for a group of patients with traumatic orthopedic disorders, which was performed in DICOM system (Digital Imaging and Communication in Medicine). The first step was the creation of this database model, the second step was the implementation of the model in database system and then realization of software modules for data storage and software modules for data analysis and processing. Finally, there was the implementation of statistical functions to analyze biological signals collected from medical

devices and the creation of a module to extract data. Creating a medical model to extract useful information from this database, implementation of specific algorithms to process data came from the necessity of having specific characteristics and features, significant from the medical point of view. This data base will include: medical data: results of clinical, laboratory and functional investigations, biomechanical data: data obtained using SIMI motion, AMTI force platforms and Rsscan pressure platforms; correlation of motion data (obtained by SIMI) with values of forces and pressure obtained by force and pressure platforms (biomechanical analysis using Anybody system imaging data: video presentation of packages obtained through techniques of image acquisition, motion graphics in various joints, the results of image processing, individualized simulation models of motion.

**Keywords:** *database, image folders, medical computer science*

## **Retrospective study on university championships of handball**

**Pițigoi Gabriel**

*UMF „Carol Davila” Bucharest*

**Abstract.** Through its socio-cultural dimensions, the university sport gives a unique opportunity to know other students, to communicate with them, to have different roles, to gain some moral attitudes, to accept the attitudes regarding the activity, to feel some emotions that are hard to find in other spheres of life, to accept some positive elements of the life style, of adapting to the proposed objective and of becoming socially active through the performance of others. According to the FISU, handball is the first sport ever organised as a World University Championship in 1963 in the Swedish city of Lund with 90 athletes from 7 countries. As university sports, handball world showed a continuous development. In 2008 World University Championships, held in Venice - Italy, attended by a record number, 20 countries.

**Keywords:** *Sport University, handball, sports*

## **The place of handball class in medical higher education**

**Pitigoi Gabriel, Păunescu Cătălin, Petrescu Silviu**

*UMFCarol Davila, Bucharest*

**Abstract.** In the higher education of UMF, Carol Davila, Bucharest, the activity of physical education and sport has appointed one hour per week for the first and 2nd year students who develop different sports, the groups being made according to material conditions and students' choice. For efficiently achieving the goals it is insisted over a balanced development of the organism and of the main functions, of the specific motric qualities needed for the future profession and of the prevention of the attitude deficiencies which are specific to the specialization. Handball is a mean of physical education which positively contributes in resolving its tasks.

**Key words:** *handball, higher education, handball class*

## **Assessment of foot inbalance using biomechanical measurements**

**Rusu Ligia<sup>1</sup>, Rusu P.F.<sup>2</sup>, Dragomir Mihai.<sup>1</sup>**



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**Abstract:** This study presents the role of biomechanical assessment of foot at soccer players for predict the foot instability and injuries. By this type of assessment is possible to build a specific training focused on improvement muscle strength and coordination. We study two lots of athletes: lot 1- soccer players (15 subjects, mean age 16years) and lot 2 field tennis players (15subjects, mean age 16years). We use for biomechanic assessment RSscan system, platform plate. We assess loading response at midfoot level during gait. Our recording use 300 frame/sec. The assessment include force and pressure parameters during a gait cycle and also few morphologic parameters like subtalar angle. The results show to us that risk of ankle foot injuries are high in field tennis then football, that can be corelate with high loading respond existed in tennis. If we see the graphics we observe that for left side, lot1, range -45+20 and for right side 0+59. For lot2, left side 0+15, right side +7+35. In conclusion we consider that a good assessment of biomechanic aspect of ankle foot is important not only for prevent or treatment and monitoring rehabilitation programm, but also for a good selection for each sport activity.

**Key words:** *assessment, foot, force, loading, pressure*

## **Aspects of the rehabilitation management of the spastic upper limb for the child with cerebral palsy**

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**Abstract.** Our article is based on two parts; one is the therapy for the spastic upper limb from cerebral palsy area presented by the clinicians. The other part presents the importance of evaluation, with the recommendations equally for clinicians and research from child cerebral palsy a neuromotor development area. For such a broad clinical signs and syndromes, the clinicians need to have a proper value of their works after applying the treatment; this value is given by a proper evaluation that can underline the positives effect, prognosis of complex therapy on subject's status.

**Key words:** *cerebral palsy, rehabilitation, spasticity, scales evaluation, management*

## **The contribution of kinetic in hypertension**

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**Abstract:** Introduction: High blood pressure (HBP) is a clinical syndrome characterized by an increase in systolic blood pressure, diastolic dysfunction or diastolic sistolo – over the values considered normal in the presence or absence of detectable organic cause. Objective: Balancing the nervous system and influence of positive vasomotors; promote vasodilatation and decongestion of peripheral parts of the body; achieving and maintaining optimum body weights; prevention of atherosclerosis ; getting vasodilatation and decreasing peripheral resistance. Material and Method: It was a random group, comprising 20 patients at diagnosis and were specified in the medication for

hypertension . In the studied for 3 months were patients with hypertension stage I and stage II disease without severe forms or organic disease. Physical therapy in hypertension: leg exercises, exercises for the trunk in the form of circumductions, upper limb exercises for derivation of the thoracic mobilization exercises all segments analytical, Results: 19 patients were considered useful programs followed, leading to a better mental condition and reduce associated symptoms; at 17 of the cases studied were obtained, on average, decreases with 25 mm Hg to TAS and with 20 mm Hg to TAD; 1 person dropped out of the study; 2 people have maintained the same values of yours. TA. Discussion and conclusions: Frequency of hypertension increases with age, with the maximum incidence in people over the age of 60 years. The incidence of the disease is higher in urban areas (65%) than rural (35%, due to the multitude of endogenous risk factors. The risk factors most encounter were: heredity, obesity, psychosocial stress, improper diet. Measures for prevention of hypetension, health education of the population can result in lowering the incidence of this disease. The study showed the importance of kinetoterapeutic treatment with drug treatment and igienodietetic

**Key words:** *hypertension, pressure, factors, vasodilatation*

## **Some key points in neuromuscular diseases (nmds) rehabilitation therapy**

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**Abstract.** Neuromuscular diseases (NMDs) represent a heterogeneous group of disorders, including motoneuron diseases, disorders of motor nerve roots or peripheral nerves, neuromuscular transmission disorders, and muscle diseases. The results of those are always muscle dysfunctions. Rehabilitation management is important in order to maintain function and functionality of body or some body parts and systems, for as long and better as possible, and to reduce all the principal risks due to the disease and also reducing the secondary risks due to the time of being ill.

This paper presents some key points that we consider important for the rehabilitation therapists, physiatrists, occupational therapists or any other member of the rehabilitation teams.

**Key Words:** *neuromuscular disease, rehabilitation, disability.*

## **The rehabilitation of a rugby player with shoulder trauma - A Case report**

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**Abstract.** The rehabilitation of an injured shoulder at a Rugby player has to insure a total recovery in the shortest time possible. In case of a trauma that produced the inflammation of the shoulder ligaments and capsule, we obtained the total recovery after 7 weeks of treatment.

**Key words:** *shoulder, ligament, trauma, rehabilitation, rugby*

## **News in low back pain recovery-review**

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**Abstract.** Low back pain is one of the most common musculoskeletal disease. It is induced by a lot of causes, all this have treatment, but the most important is the therapist. Low back pain has clinical and functional aspects such as the type of pain and functional tests. For positive diagnosis using laboratory tests. To describe what this work means I used a study that has been published in professional journals and has shown that there are no major changes in kinetic treatment.

**Key words:** *low back pain, physical therapy, study*

## **Effects of pes planus deformity on the speed tests - Purpose**

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**Abstract.** This study was conducted to evaluate effects of pes planus deformity on speed assessment. **Materials and Methods** Fifty volunteer men individuals aged between 18-45 years old with pes planus deformity were included in the study. Individuals were compared with 50 healthy individuals (control group) in the same age group. Speed test for assessment of timed performance tests( ten steps fast increase, decrease and increase- decrease tests with were applied. To test the speed of walking individuals number of steps in their most comfortable speed for 1 min. and the fast walking step counts for 1 min were determined.

**Results.** Compared to groups, speed test for assessment , ten steps fast increase, decrease and increase- decrease tests were found of the group's non-pes planus better values ( $p<0.05$ ). Experiment in subject group as the relationship between the degree of pes planus and ten steps fast increase, decrease and increase- decrease tests are examined; there is positive correlation ( $p<0.05$ ).

**Conclusion.** As a result, on ten steps fast increase,decrease and increase- decrease times in total output the negative effects of pes planus deformity is seen. The collapse of the medial arch of the foot in individuals with pes planus and inequality , arch supports muscles, tendons and ligaments are more vulnerable, such as biomechanical disorders may be caused by deterioration of balance.Pes planusun; the oil was still affects the distribution of the load, and the structure can not absorb enough standing shocks anatomical violates as the result of these reasons

## **Dysmenorrhea's effects on quality of life**

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**Purpose:** The aim of this study was to evaluate the quality of life in patients with dysmenorrhea. **Materials and Methods:** The study was made between December 2012 - January 2013 at Inonu University, Physiotherapy and Rehabilitation Unit. Between the ages of 15-41, 28 patients with dysmenorrhea were included in the study. Patients' demographic data were recorded. Patients' duration of menstruation; frequency of dysmenorrhea; frequency and duration of continued dysmenorrhea; their complaints; abdomen, waist, legs, headaches that lived during dysmenorrhea questioned. SF-36 quality of life questionnaire was performed in order to assess their quality of life. **Results:** The patients' menstruation period with rate of 64.3% were between 3-6 days; menstrual period was found to be 28-33 days with rate of 53.6%. Participation mostly lived dysmenorrhea in each menstruation (67.9%) and 25% of them lived on 2-3 menstruation. Dysmenorrhea was found to be 1-2 hours before menstruation (35.7%) and 2-3 days before menstruation (28.6%). Was found dysmenorrhoea continued during the first day with rate of 46.3% and 39.3% rate continued during the first 2 days. Menstrual cycle, leg pain, back pain did not affect the quality of life. Average duration of menstruation affect the emotional role ( $p=0.07$ ) and were found not affect the other functions of SF-36. Were found that the incidence of dysmenorrhea affected social functioning in life ( $p=0.043$ ); experienced symptoms affected mental health ( $p = 0.009$ ); abdominal pain in period dysmenorrhea affected general health perception ( $p=0.002$ ), head pain affected physical functioning ( $p=0.038$ ) and social functioning ( $p=0.012$ ).

**Conclusion:** Dysmenorrhoea affects the quality of life due to symptoms experienced.

## **Evaluation of connective tissue massage's efficacy in patients with dysmenorrhea**

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**Purpose:** The aim of this study is to evaluate the effectiveness. connective tissue massage (CTM) in patients with dysmenorrhea. **Materials and Methods:** The study was made between December 2012 - January 2013 in Inonu University, Physiotherapy and Rehabilitation Unit. Between ages 15-41 28 patients with dysmenorrhea were included. Their source of information before menstruation, shape received medical assistance, the presence of dysmenorrhea in relatives, type of pain experienced and number aching regions in body were examined. Type pain and area pain were questioned. Pain of back, head, leg and abdominal was assessed before and after treatment with Visual Analog Scale (VAS). 15 sessions CTM was awarded the first 4 sessions of treatment were included in the basic region and according to response of tissue the treatment were included in lower back and thighs. **Results:** 14 individuals were housewives, 10 were students, 4 were worker. 40% rate of menstruation information's source was from mother, sister. 9 of them reported received medication as a form of medical help and assistance for pain relief during dysmenorrhea. 60.7% rate of dysmenorrhea was found with sisters, 21.4% rate with the mother. 96.4% of individuals living complaints of pain more than 2 region, 35% of the individuals experienced the contraction type of

pain. Pain in the lower back region more marked. After and pre-treatment with 15-session treatment CTM abdominal pain ( $p=0.01$ ), leg pain ( $p=0.01$ ), low back pain ( $p=0.01$ ), and headache ( $p=0.01$ ) significant difference was found between the values of VAS ( $p<0.05$ ).

**Discussion:** The CTM can be used effectively to treat dysmenorrhea individuals.

## **Effects of pes planus deformity on the muscle strength and flexibility**

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**Purpose.** This study was conducted to evaluate effects of pes planus deformity on the muscle strength and flexibility. **Materials and Methods.** Fifty volunteer men individuals (subject group) aged between 18-45 years old with pes planus deformity were included to the study. These individuals were compared with 50 healthy individuals (control group) in the same age group. Evaluation of the muscle strength was used by Dr. Lovett's manual muscle testing method. Lower extremity muscle strength test and foot thin muscle strength tests done separately. Individuals flexibility to sit and reach test, trunk the extensor test, quadriceps femoris and hip flexor of the test, gastrocnemius flexibility test, trunk lateral flexion tests were applied.

**Results.** Compared to the subject and control groups, control group of foot muscle strength (right,left) values have been found to be better subject groups( $p<0.05$ ). Experiment in subject group Examined the relationship between the degree of pes planus and m. tibialis posterior with m. plantar flexor muscle force examined the relationship between; Individuals with the degree of pes planus in the experimental group, negative correlation was found between with muscle strength ( $p<0.05$ ). Flexibility in evaluating the gastrocnemius muscle group (right and left) ; subject group of flexibility was identified as less control groups ( $p<0.05$ ).

**Conclusion.** When you look at the findings, on foot muscle strength and gastrocnemius muscle group flexibility to affects adversely of pes planus deformity is seen. Due to the flexibility decrease of the gastrocnemius muscle began a crash of a series of medial arch plantar flexor muscle group is thought to occur primarily as a result of a negative effect.

## **Profile of individuals with dysmenorrhea**

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**Purpose:** Introducing profile of dysmenorrhea. **Materials and Methods:** The study was made between December 2012 - January 2013 at Inonu University, Department of Physiotherapy and Rehabilitation Unit. 28 patients with dysmenorrhea between the ages of 15-41 were included in the study. Patients' demographic data were recorded. Statistical analyse were performed with descriptive statistics. **Results:** 35.7% of the subjects were housewives, 50% were students and 14.3% were civil servants. 42.9% of the subjects were married, those who are married marriage duration were 2-37 years. Menstrual periods of individuals started between the ages of 12-14 with rate of 75%; 15-year-old with 25% rate. Menstrual cycles found 28-33 days with rate of 53.6%, 20-27 days for a 25% rate; 75.2% of the individuals' take information prior menstruation and as a source of knowledge on the rate of 32.1% was found that most parents-sisters. individuals was

living dysmenorrhoea in each menstruation with rate of 67.9%. Dysmenorrhea beginning before 1-2 hours with rate of 35.7%; before 2-3 days with rate of 28.6%. Individuals living pain with rate of 46.4% during the first day of menstruation; 39.3% during the first 2 days; rate of 67%, 9 don't receive medical assistance,; people who take medical assistance % 57.5 per cent received pain medication; 85.7% of individuals with dysmenorrhea were family dysmenorrhea. 96.4% of the pain experienced more than two area, 35.7% percent depending on the -dysmenorrhea complaints were unable to attend school - work. 57.1% of individuals with dysmenorrhea consumed over 3 cup of tea and coffee per day; most common type of pain is the type of contraction rate of 35.7% was observed. **Discussion:** Dysmenorrhea is influenced by individual's lifestyle and quality of life is affected from dysmenorrhea

## **Poland syndrome patients using the methods of measurement and evaluation of physiotherapy**

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**Background.** Poland's syndrome is mainly characterized by the absence of the pectoralis major muscle on one side, a congenital syndrome. In our study, patients with Poland's syndrome using the methods of physiotherapy assessment body posture disorders, muscle strength, normal joint motion, the amount of body fat, flexibility, and pain assessments to determine the parameters affecting the patient.

**Materials and Methods.** The story of 23-year-old right-handed on the posture of the individual ANALYSIS man with Poland's syndrome, shortness test, flexibility, pain assessment, anthropometric measurements, fat measurement, the normal range of motion, manual muscle testing was performed using a bilateral review.

**Results.** Measurements and observations made as a result of the analysis of the patient's posture forward displacement of the right clavicle is lateralized to the left, the right balance of the body than the tip of her left breast nipple was less developed. With axillary skin fold fat measurements and chest area on the right side of the patient was found to be significantly less adipose tissue, palpation of the region have been identified as a result of pitting in the ribs and chest deflection. Looking at the movement in the direction of increasing the mobility of the shoulder joint abduction and the pectoralis major and minor muscles working in antagonistic values were also increased flexibility. Right shoulder external rotator muscles were shortening. After the emergence of intensive studies by the patient assessment of pain, the pain is specified.

**Discussion.** In this study, with Poland syndrome, male patient posture, increased flexibility antagonist muscle group, an increase in the normal range of motion, the presence of pain with activity, shortness of right external rotator muscles were determined. Based on this information an abnormality of this syndrome is not only the appearance and physical disorder caused by abnormalities are thought to as.

We are strengthening and stretching as a result of assessments of our patients by having a home program of therapeutic exercises planned. For more patients than patients with Poland's syndrome conduct the study will be beneficial.