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The study of the effectiveness of the implementation of the method Therasuit in children with cerebral palsy

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Introduction: Therasuit method or otherwise adeli suit is a comprehensive program of intensive treatment for children with cerebral palsy and neuromotor dysfunctions. This method has as a prerequisite to implement an orthotic suit or costume called Therasuit or adeli suit.

Aim: The aim of this study was to investigate the effectiveness of the Therasuit method in children with cerebral palsy and to determine if there has any superiority to other methods.

Methods: A bibliographic review was carried out on PubMed and PEDro database, where the most recent studies were selected (after 2004) associated with the topic.

Results: There are studies that observe positive results in comparison with others which observed no significant difference in the application, from the application of other therapeutic method.

Conclusion: According to research which was conducted to determine the effectiveness of the Therasuit method, from surveys that were carried out, significant difference was observed firstly in the group who was applied Therasuit method, and also, in the control group.

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Thesis on effects of active release technique in males as compared to females with postural and psychological cervical extensor muscle spasm

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Active Release Technique is a soft tissue release technique of the soft tissues which is nowadays being commonly practiced in the world as it gains recognition all around. This technique is being introduced in Pakistani community in this study. Further the purpose of application of this technique was to check the difference between gender responses in neck extensor muscle spasm. Bone mineral densities in Asian community are low especially in females which eventually increase stress on muscles resulting in spasm. In this study, 15 females and 14 male patients between the age group 20-60 years were selected through simple random sampling making a total of 29 patients. Potential participants were examined and selected through inclusion and exclusion criteria and regional examination of C-spine. Questionnaires were used, QVAS and NDI on which subjective measurements were taken. Both groups received heat fermentation for 10 minutes and then were applied with Active Release Technique 3-5 times. This was repeated for 4 sessions on alternate days. Subjective data was collected pre and post treatment on two instruments, Neck Disability Index and Quadruple Visual Analog Scale. The data was recorded and manipulated on SPSS software for analysis. Statistically and clinically significant improvements were seen in both groups throughout the duration of the study with regards to the level of perceived psychological stress, pain and disability, whereas, female group came up with more improvement. It was seen that ART proved to be better regarding NDI scores as compared to QVAS with a p value of 0.000 and 0.003 respectively. Upon completion of this study, it became evident from subjective data that both treatment groups demonstrated statistically and clinically significant changes. Hence both the groups presented with equal changes as an effect of ART but we have to get more skilled training in this technique.

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