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CONSIDERATIONS ON THE THERAPEUTIC FUNCTION OF THE SPORT RECREATIONAL

Bogdan Andrei Urichianu, The University of Medicine and Pharmacy
„Carol Davilla” Bucharest, Romania
Mihai Lucian Urichianu, New York University College Of Dentistry,
Adrian Ion Urichianu, The University „Titu Maiorescu” Bucharest,
Romania,
Sanda Toma, Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract. Covers recreational sports, unlike professional sports, all sports activities that serve mainly to maintain optimal physical and mental condition, which supply the lack of movement, provides a form of entertainment and is practiced mainly outside the sphere of obligation. In this context it should be mentioned therapeutic function of practicing sport loisirs and the prevention of illnesses, especially those associated with physical inactivity.

Recreational character, regenerator and disconnected leisure sports activities is a win in itself and also brings a benefit to other areas, such as educational, professional, cultural, artistic, intellectual and behavioral.

In addition to psychological effects, practicing driving leisure activities contribute to social relationships, to better social integration of subjects and not least to a family solidarity when they are participating more family members. Sue R. (1991), cited by A. Bota notes that the mutations occurred in recent decades, for example, intensive urbanization, vertical habitat and working conditions, have led to a reduction in social relations. Promoting a lifestyle based on individual consumption and the tendency of individuals to spend as much time in the family also restrict the possibilities of interpersonal communication and social contacts.

Key words: recreation, leisure, health, free time, adaptive, benefit.

TREATMENT OF HEMIPLEGIA BY MEANS OF KINETIC

Cosmina Cheran, Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract

One of the great problems of neurological recovery in general and the hemiplegic patient recovery, especially is the empirical character of many training methods and techniques.

O anumită leziune a sistemului nervos, produsă de un traumatism sau de obstrucția (tromboză, embolie) unui vas, poate avea ca și consecință o paralizie, o alterare a vorbirii, o tulburare a echilibrului, etc., care au semnificația unor sechele. Majoritatea bolilor neurologice centrale sau periferice lasă, pentru o perioadă lungă de timp sau definitiv, sechele disfuncționale de gravitate variabilă mergând până la dizabilități indelebile.

Deși infirmitățile determinate de leziuni neurologice sunt relativ monotone (afectarea motricității, a sensibilității, a vorbirii, a coordonării, etc.), incapacitățile și dizabilitățile bolnavului neurologic pot fi complexe și grave, cum ar fi incapacitatea de locomoție, autoîngrijire, comunicare, abilitate, comportament, etc., sau handicapul de independență fizică, opțional, de orientare, integrare socială și economică etc.

Asistența unui bolnav neurologic e un proces îndelungat, dacă nu chiar continuu, pentru toată viața, care în general începe într-un serviciu de specialitate (neurologie, neurochirurgie), continuă apoi într-un serviciu de recuperare medicală și, ulterior la domiciliul bolnavului.

Key words: scoliosis, kyphosis, lordosis.

IMPROVEMENT OF PSYCHOMOTRICITY OF CHILDREN WITH DOWN SYNDROM

Anton Margareta, Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract

The regular participation of the children at aquatic program and kinetotherapy will lead after its the improvement of those psychomotricity. The investigation of trisomic children must be complex and to establish the

level of psycho – motric development. According to the investigations result will establish the therapeutic meanings by which to obtain improvement of physical development, of cooperation at applied treatment, of partial socio-professional independence. The tight cooperation between doctor, kinetotherapy, psychologist, speech pathologist and ergo therapist is essential in evolution of children with Down syndrome.

Datorită coexistenței de malformații, deformații și a retardului mental, tratamentul sindromului Down este deosebit de complex, necesitând o colaborare interdisciplinară strânsă pe durata întregii vieți a pacientului.

Key words: Down syndrome, improvement by kinetotherapy.

FUNCTIONAL RECOVERY OF PHYSICAL DEFICIENCIES BY MEANS FITNESS FROM THE SHOULDER-LEVEL

Triboi Vasile – State University of Physical Education and Sport,
Republic of Moldova
Potop Larisa- Medical Center Chiajna, Romania
Potop Vladimir - Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract

The main goal of this paper is to highlight the influence of fitness means in the rehabilitation of physical disabilities of the shoulder. The results of the study emphasize the influence of fitness specific means on the rehabilitation of physical disabilities of upper limbs, especially the scapulohumeral joint. In conclusion we can say that the observance of the general principles and the effective use of kinesiology techniques for the rehabilitation of physical disabilities with the help of fitness means contributed to regaining the range of motion and the development of muscular strength and endurance of the body.

Scopul principal al lucrării este evidențierea influenței mijloacelor din fitness în recuperarea deficiențelor fizice la nivelul umărului. Rezultatele studiului scot în evidență influența mijloacelor specifice din fitness în reperarea deficiențelor fizice la nivelul trenului superior, în special a centurii scapulo-humerale. În concluzie putem spune că, respectarea principiilor generale și folosirea eficientă a tehnicilor kinetologice de recuperare a deficiențelor fizice cu ajutorul mijloacelor din fitness, a contribuit la

redobândirea amplitudinii de mișcare și dezvoltarea forței și rezistenței musculare ale corpului.

Key words: physical disability, fitness, means, shoulder, rehabilitation.

PHYSICAL DEFICIENCIES - CAUSES, CLASSIFICATION AND MEANS OF PREVENTING AND CORRECTION

Paraschita Florina, Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract

Partial physical deficiencies are grouped for ease of research and treatment, by main regions and segments of the body: head and neck, spine, thorax, abdomen, upper limbs and lower limbs.

Basic means to correct deficiencies corrective exercise is physical exercise corrective action is static or dynamic body, placed in the general requirements to practice physical exercises with the rules: anatomical, physiological, biomechanical, used to prevent or correct physical deficiencies. Exercise should tone the muscles that provide the force necessary to maintain the position of the affected segment and the right attitude, while acting on the nervous system at which recovery is achieved stereotyping and automation movement and correct posture.

Guided by the effects they have on the body, exercises split into five main groups: morphogenetic, physiological, educational, preventive and curative. Orice abatere de la normal a formei corpului care tulbură creșterea și dezvoltarea armonioasă, modificând aspectul lui exterior, reduce aptitudinile individului și puterea de adaptare a organismului la condițiile de mediu, simultan cu diminuarea capacității de muncă, se numește *deficiență fizică* (Moțet D., 2010).

Key words: deficiencies, attitude, exercise.

STUDIED THE FREQUENCY DEVIATION SPINE TO THE PLAYERS BASKETBALL

Cosmina Cheran , Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract

Exercise has great therapeutic value in all forms of physical deficiencies, provided that the indicated method to make it applicable to each case. Its efficiency will be greater, the longer the treatment will be applied earlier. Dacă evaluarea membrelor și a coloanei vertebrale este completă din punct de vedere clinic și funcțional în contextul aprecierii stării funcționale generale a pacientului, iar aceasta indică deficiențe de coloană, atunci se poate interveni prin mijloace kinetice și mijloace asociate la stagnarea sau reducerea acestor deficiențe;

Datele prezentate mai jos au fost recoltate de la centrul de medicina sportivă Policlinica Sportivă Vitan, din fișele medicale ale sportivelor baschetbaliste de la echipele Rapid București, Olimpia București și C.S.M. Sportul Studentesc București, unde sportivele fac controlul medical din 6 în 6 luni cu scopul obținerii vizei medicale necesare obținerii licenței de sportiv. Am înregistrat un număr de 73 de sportive din toate categoriile de vârstă, consultând datele înregistrate în cabinetul de la dezvoltare fizică cu diagnostic stabilit de către doamna doctor Iliescu Sanda, medici primar și șeful secției de medicină sportivă.

Key words: scoliosis, kyphosis, lordosis.

RECOVERY OF OBESITY THROUGH PHYSICAL THERAPY

Olivia Timnea, Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Mihai Baican, Faculty of Physical Education and Sport, Ecological
University of Bucharest, Romania

Abstract

This paper intends to prove that the subjects under research need a set of exercises suggested by the kinesiology program meant to reduce and to combat obesity. The study was conducted on a group of 30 obese persons,

taking into account the higher incidence of this condition among females. This group was divided into two other groups: one group „A” formed of 15 persons who applied inconstantly the kinesiology program, alternating the periods of giving up and coming back after varying intervals of time; one group „B” who attended constantly the kinesiology program recommended by us. The results of the study reveal that the kinetotherapy treatment applied on the group proposed, along with other methods of rehabilitation (sauna, massage, balanced diet) has led to positive results in 80% of the cases which proves that the kinesiology program is an essential factor in combating obesity.

Key words: adults, obesity, rehabilitation program, aerobics, exercises with dumbbells.