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Stabilisation of joints from a rotational and proprioceptional view

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In Rehab after shoulder impingement- and other shoulder injuries, back injuries, hip and knee injuries strength exercises have been the most important approach in any clinic guideline -but it does not always work- Why?

Soccer, Argentine tango, boxing has shown to have a good impact on neurological disease ex. Parkinsons disease, and other medical -neuromedical problems ex. cancer survivors, is it only the social aspect or...? Let us look at the neurological system- proprioception- early reflexes- normal human movements.

The rotation is important in human kinesis, Rotation is an important part in proprioception and reflexes. But early stabilization of rotational forces is often overseen in rehabilitation and exercising in sports.

I claim that, If the rotators are taken in consideration from the early rehab stage, the Proprioception will be stimulated faster and the risk of reinjury will be reduced. We exercise saggital and frontal plane heavily, but forgets that rotators is working close to the joint in stabilization, because the oblique orientation compress and stabilizes the joint, if they work balanced.

In the ballet world stability is important, the dancers mostly starts in early childhood. They do not lift heavy weights, they only use their selves and later on they might use pulleys in their exercises – but important is, that they perfect their moving pattern by repetition. In ballet control of rotators are important every time you are shifting direction in jumps and landings. I think that the same control is important in cutting sports as soccer, handball and basket. But rotational control exercises are neglected in early rehabilitation - this might be a problem.

Biography

1984 Educated Physiotherapist from Holstebro Denmark 2013 Eksam. Accessibilityconsultant from Act2Learn, Aalborg, Denmark 1988-2011 Owner of Bene-FIT Skoerping 2011- Physiotherapist at BeneFIT Skoerping, 2013- Developing The-MET