عنوان مقاله:

Effects of a ۱۲-week IASTM and Electrotherapy on Balance and Strength in a Patient with Excessive Ankle Stiffness: A Case Study

محل انتشار:

اولین همایش بین المللی تربیت بدنی، سلامت و علوم ورزشی (سال: 1402)

تعداد صفحات اصل مقاله: 13

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خلاصه مقاله:

Background and Purpose: This case study aimed to examine the effects of a ۱۲-week intervention using instrumented assisted soft tissue mobilization and Electrotherapy on balance and muscle strength in a patient with Excessive Ankle Stiffness. Method: A ۴۱-year-old female athlete with achilles tendon contracture participated in this study. A ۱۲-week Instrumented Assisted Soft Tissue Mobilization (IASTM) and Electrotherapy was implemented. Results: The results showed significant improvement in stability index, path length and area, balance error scoring system (BESS) and manual muscle test (MMT) scores, dorsiflexion/plantarflexion (PF/DF) peak torque, range of motion (ROM), total work and reduced passive stiffness. The results of all domains of quality of life (SF-۳۶), foot and ankle ability measure (FAAM), FAAM (sport), Achilles tendon rupture score (ATRS), visual analog scale (VAS) and foot and ankle outcome score (FAOS) improved significantly. Conclusion: The study found that the intervention was successful in improving both balance, muscle strength and quality of life and reduced pain during balance in the patient. These findings suggest that the intervention may be an effective treatment option for individuals with excessive ankle stiffness and related balance and strength deficits.

کلمات کلیدی:

Faradic electrical stimulation, Quality of life, Graston, Stability index, Transcutaneous electrical stimulation

لینک ثابت مقاله در پایگاه سیویلیکا: