

summary

Title:

the effect of sports rehabilitation program on the secondary osteoarthritis of the knee joint after laser or honey bee stinging

The research problem and its importance:

Because the infection rates of roughness of the most knee injuries among athletes, especially in activities that depend on the enemy, and football one of the most sporting activities that rely on the enemy at frequent intervals during the game.

The mean roughness of knee pain and inflammation of the knee joint without a specific injury in knee ligaments or cartilage, or muscle, but the phenomenon reflects the fact that there is something wrong happened and functional knee joint accompanied by pain and inflammation

This pain, which limit the participation of the player and affect the level and done, the injured knee joint rough leading to inefficiency in muscle strength and range of motor for a detailed patient and limiting the participation of players with their teams, which is one of the main reasons hindering the teams get trophies. So must the speed of rehabilitation for the injured player roughly the knee joint as soon as possible so as not to aggravate the injury and denied his team of his efforts, and through the researcher to see many references, studies and scientific research, noted that most rehabilitation programs based on sports rehabilitation exercises in the rehabilitation of the injured knee joint toughness accompanied by some traditional remedies.

The researcher of his experience as a specialist rehabilitation for many first division clubs in football and through his work as director of the physiotherapy unit noted the importance of the use of lasers as well as the bees sting accompanied by rehabilitative exercises

Aim Of The Research

A sports rehabilitation program for the rehabilitation of the injured knee joint toughness after laser or bee stings and stand on its impact to improve the muscle strength of the muscles operating at the knee joint and the extent of motor detail.

Hypotheses

In the light of the nature and objectives of the research puts the researcher the following assumptions:

1 - ther are statistically significant differences between tribal distance measurement in muscle strength of the muscles operating at the knee joint and for the telemetric of the two groups under discussion.

2 - ther are statistically significant differences between tribal

distance measurement in the long motor of the knee joint for the telemetric of the two groups under discussion.

3 - there were a difference in the percentage level of improvement in muscle strength and motor-term result of using some of the ways the various rehabilitation (rehabilitation program athletes accompanied by lasers - a sports rehabilitation program accompanied by bee sting) of the knee joint infected with toughness.

Search procedures

First: The Research Methodology

Researcher used the experimental method tribal dimensional measurement system was applied to the experimental design for research on two experimental

II: Sample Search

Research sample was selected in the manner where an intentional choice of the researcher to the injured players from the first division in football with the secondary osteoarthritis of the knee joint between the ages of (19 - 25) years at a strength of 12 players divided the patients into two groups after exclusion of players not in attendance program was as follows:

- 1 - Group A: This is the first experimental group and strength (5) of injured players in the secondary osteoarthritis of the knee joint and shall apply to this group and laser qualifying sports program.
- 2 - Group II: a second experimental group and strength (5) of injured players in the secondary osteoarthritis of the knee joint and shall apply to this group bites of bees and qualifying sports program

III: Data collection tools

A - doctors diagnose bone

B - Survey Reference exercises used in the software (1)

c - Form of data collection: The researcher has designed a form for recording data on each player infected with comprehensive personal data and measurement of tribal and phased distance for each injured

C d - the tools and measuring devices

1 - rstamitr device to measure the total length of the body in cm facing for pregnant women through the laboratory

2 - medical scale to measure the weight kilogram

3 - tape measure: to measure the ocean to the nearest mm

4 - a Dinamumitr: to measure the muscle strength to the nearest 1-2 kg

5 - a Jinomitr: to measure the extent of motor to the nearest 1-2 degrees

6 - a measure of pain

7 - laser

8 - Beehive

9 - dried up to grab the Bee

10 - to pack a book by the bee

11 - Swede scat

- 12 - Wall stairs
- 13 - jump rope
- 14 - Weightlifting different weights
- 15 - plunge bath
- 16 - Balls medical
- 17 - soccer balls

- 18 - the strengthening of the front thigh muscles ballasting
- 19 - the rear thigh muscle strengthening ballasting
- 20 - strengthening the calf muscles ballasting
- 21 - strengthening the muscles of the rectum Alfajvep ballasting
- 22 - trade mail
- 23 - the wheel Alargeomitrip
- 24 - a steper digital

IV proposed program:

The proposed program consists of four stages

stage of the water exercise

- Ballasting phase of exercise.
- The stage of exercise endurance and speed of modern digital device.
- The stage of skill and tactical exercises.

V.: Measurements

- Oceans (thigh - leg)
- Maximum force (for the muscles operating at the ankle - the muscles operating at the knee joint)
- Range of motor (ankle - the knee joint)
- The line of pain
- The prediction study :

This study was carried on 13/9/2008 on a sample of two players of the football players and injured knee joint and roughly among the members of the core sample.

Study aimed to:

- 1 - Training on how to take measurements of ocean leg and thigh.
- 2 - Training on how to take measurements of the maximum force (muscle force on the ankle-the muscles operating at the knee joint)
- 3 - Training on how to take measurements of the extent of motor (ankle - the knee joint)

The basic study:

The researcher study the application of basic research in the period from 27/12/2008 to 25/6/2009 to all members of the research sample, taking into account the following during the application:

- The measurements are all members of the sample by one system
- Use the same measurement tool for all members of the sample by one system.
- Use the same measurement tool for all members of the sample.
- Conduct a telemetric same order in which to take the measurement tribal
- Cancel womac enabled testing and the lack of relevance with athletes under the category of research and testing the sufficiency pain.

The study is divided into basic:

A - a measure of the tribal groups in question:

- For the oceans (leg - thigh)
- Maximum capacity of the muscles working on a detailed (foot - knee)
- Flexibility to detailed (foot - knee)
- The degree of pain

Implement the program and includes:

- The experimental group is applied to the first meetings of the laser beam, followed by the implementation of the proposed qualifying sports rehabilitation program .
- The second experimental group and apply to bees sting followed by the implementation of the rehabilitation program sports.

C - telemetric

- Oceanic
- The force maximum
- Flexibility
- To the degree of pain

statistical treatment

- arithmetic mean

- standard deviation
- mann- whitney
- wilcoxon
- ratio improvement

results

In the light of the approach and the research sample and data collection tools and program through the applicable goals and hypotheses and treatments used statistical reached the following conclusion

1 - roughly the injury of the knee joint lead to muscle weakness operating at the affected joint as well as the lack of long motor of the joint.

2 - The use of rehabilitative sports program achieve the objective of the proposal for his contribution in improving muscle strength of the muscles operating at the knee joint and the extent of the motor detail.

3 - The method of rehabilitation after the laser performance of each unit of the proposed qualifying exercise had a great impact in improving the speed of the injured players manhandled the knee joint.

4 - The method of rehabilitation Bulldogs bees before the performance of each unit of rehabilitative exercise contributed to the improvement of the proposed powers of the muscles operating at the knee joint and the extent of the detailed motor by the way qualification laser, but in the longer period of time because the bee sting is a way to complementary medicine, which deals with the human body on the basis that one unit of a package and can be treated with one member of the body in isolation from the rest of the members, where he works to treat the real causes of the disease, not treat symptoms

5 - The method of laser rehabilitation program before qualifying proposal was an influence on the speed of improvement in the degree of pain for about Trrivp rehabilitation Bulldogs bees associated with the sports rehabilitation program proposal.

Recommendations

concerning the statistical treatment and results of the research concluded the following Recommendations rehabilitation program

1 - inferred qualifying sports program proposed for the rehabilitation of the knee joint infected with toughness.

2 - Use of a laser beam before the performance and rehabilitation units roughness knee injury to speed healing of the player

- 3 - Use bites bees before the performance of rehabilitation roughness knee injury during the downtime or the transitional period of the season to increase the period of rehabilitation and increasing element of force, the muscles working on the injured knee joint and increasing his range detailed motor
- 4 - PRA aqueous media attention in rehabilitation of the knee joint infected with toughness in the early period of rehabilitation.
- 5 - recommending the use of weights through the art equipment in the rehabilitation of injuries to the development of muscle strength and range of detailed motor
- 6 - recommending the use of tactical exercises Correctional rehabilitation programs within the athletic different.
- 7 - educated the players aggravate the seriousness of the roughness of the knee joint and rehabilitation speed important of the rehabilitation speed
- 8 - educated the trainers the importance of training with weights on the science find mental to protection the other Injuries
- 9 - Conduct further research the company and other means, a means of holistic and complementary medicine.
- 10 - Further research using bees to sting the rehabilitation of various injuries

abstract

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aim of The research

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Researcher and explain the selection of this age group experience as a researcher as a specialist sports rehabilitation Mabat of many football clubs for the first degree since 1986

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