

Joint Event on

7th International Conference and Exhibition on

PHARMACOLOGY AND ETHNOPHARMACOLOGY

&

5th GLOBAL PHYSIOTHERAPY, PHYSICAL REHABILITATION AND SPORTS MEDICINE

March 27-28, 2019 | Amsterdam, Netherlands

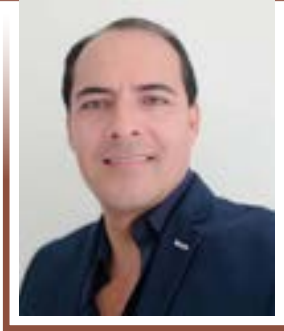
ETHNOPHARMACOLOGY 2019 & PHYSIOTHERAPY CONGRESS 2019



KEYNOTE FORUM DAY 1

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Aldo Alexander Silva Garcia, Asian J Biomed Pharmaceut Sci 2019, Volume 9
DOI: 10.4066/2249-622X-C1-016

Aldo Alexander Silva Garcia

Peruvian Association of Orthopedic Manual Physiotherapy, Peru

BIOGRAPHY

Aldo Alexander Silva Garcia from Peru is an orthopaedic manual physical therapist. He completed his graduation from National University Federico Villarreal and masters in orthopedic manual therapy, specialty of clinical neurodynamics and osteopathic techniques of the locomotor system. He is a functional instrument manipulation creator & HANDS PRO tools. He is also an instrumental handling certifier with HANDS PRO worldwide. Currently, he is a director of FISIOLIFE, physiotherapy center and FISOEDUCA. He has more than 15 years of experience as a university professor in National University Federico Villarreal, Cayetano Heredia University, University of Applied Sciences UPC and been awarded as best professor at the School of PT UPC and also a lecturer in manual therapy and currently in instrumental manipulation. He is a member of the Peruvian orthopedic physiotherapy society. He has been a renowned speaker in national and international conferences in the area of orthopedic manual therapy.

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ADVANTAGES OF HANDS PRO INSTRUMENTAL MANIPULATION IN SPORT

The prevalence of pain in the hands of the physiotherapist is increasing and occupies second place in the problems of the professionals (Cromie, 2000) and one of the joints that suffers the most is the thumb (Snodgrass, 2003), reaching problems of osteoarthritis (Rivett, 2002). HANDS PRO, a group of tools for instrumental manipulation in physiotherapy helps to control the prevalence of pain in the hands of the professional. First the joint load decreases due to the mechanical advantage with which it was designed, second only allows the work with large muscles and both hands and third its anatomical design for each part of the patient's body.

In sports physiotherapy, in manual work is greater, due to the condition of the muscle of the athlete. For this work HANDS PRO allows an excellent work of the professional without injuring his hands, he can do a deep work with less strength and work more time without fatigue.

HANDS PRO, was designed with mechanical engineer to give you the mechanical advantage and in material that suits the patient.

With the HANDS PRO tools, three soft tissue techniques were developed: MIP (Passive Instrumental Manipulation), MIF (Functional Instrumental Manipulation) and Manipulation of the Neural Interface. These techniques developed to diminish pain, improve range and mobilize the interface of the nerves.

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Henri Henell, Asian J Biomed Pharmaceut Sci 2019, Volume 9
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Henri Henell

Physiotherapist Henri Henell, Norway

BIOGRAPHY

Henri Henell is a old Finnish physiotherapist who lives and works in Norway. He has done his education as a physiotherapist in Finland in 1996. In 2001, Henri started his own private practice. From last ten years he has been using joint mobility drills with himself and part of the treatments. Henri has traveled around Norway to lecture about joint mobility. In 2015, he came out with a print booklet in Norwegian about joint mobility which has sold over 750 examples. At the beginning of 2018, he released joint mobility eBook in an English version in Amazon and Spring 2018 print in Finnish. Henri has also been part of the medical team at Sogndal Football where he used joint mobility in part of warm-up routines.

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JOINT MOBILITY – THE KEY TO LONGER AND BETTER LIFE

How would you feel to meet the daily challenges with full of energy, without stiffness and pain? Last ten years I have used joint mobility drills daily and educated these drills further. Many people have often difficulties to find an activity which is easy enough to do but at the same time effective. They have found joint mobility suitable activity. Our body is like car- engine – it doesn't work without oil. We have about 100 joints in our body surrounded by joint capsules. It's well-known fact that circulation and nutrition to joints happen through movement. How often we warm up our joints? Mostly we concentrate to warm up our muscles and don't give a thought our joints. When we move our joints, we smooth joint surfaces and lubricates them. This helps to get healthy joints and helps to maintain a full range of motion. Many people have been familiar with joint mobility drills during these ten years and feedback from people has been encouraging – people feel much better – stiffness and pain are gone or reduced, they feel more energetic and clearer to their heads. They can feel these results after a couple of weeks with joint mobility. One of the best things with joint mobility drills is that its suitable for all people despite age, gender or form. You can do it everywhere at any time and you don't need any equipment since you carry your gym with you all the time. As a result of all feedback and work with joint mobility, I have made a little "cookbook" of joint mobility drills and I will keep on telling the benefits of joint mobility.

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Ruben Alberto Pistacchia, Asian J Biomed Pharmaceut Sci 2019, Volume 9
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Ruben Alberto Pistacchia

Universidad Nacional de Buenos Aires, Argentina

BIOGRAPHY

Ruben Alberto Pistacchia from Argentina completed his university studies from University of Buenos Aires and doctorate from Universidad Nacional de San Martin (UNSAM). He is a director and professor of biomechanics at the UNCaLP (University National Católica de La Plata). He is a author of 2 books: "Discover the power of his column" of popular dissemination and "Vertebral Praxis, an ancient tool" of academic character. He is a director and founder of the center for studies and research praxis vertebral in Argentina (since 2003) and also for the course of post grade praxis vertebral tibetan in the Argentina Association of Kinesiology.

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THE TIBETAN VERTEBRAL PRAXIS APPLIED ON COLUMN LUMBOSACRAL BENEFITS FUNCTIONAL PARAMETERS OF PATIENTS WITH ARTHROPATHY OF KNEE COMPARED WITH LOCALIZED PHYSIOTHERAPEUTIC TREATMENT

The stated objective will consist in discovering the motive by which the tibetan vertebral praxis lumbosacral passive used in patients with primary degenerative joint diseases of the knee, out of the holes of the joint is more effective than those that apply only physiotherapy in the affected joint.

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James Stoxen DC, Asian J Biomed Pharmaceut Sci 2019, Volume 9
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James Stoxen DC

Team Anti-aging Center DBA Team Doctors®, USA

BIOGRAPHY

James Stoxen DC, FSSEMM (hon) FWSSEM, is the president of Team Doctors®, Chicago, Illinois, one of the most recognized treatment centers in the world. In 2008, he was inducted into the prestigious National Fitness Hall of Fame. In 2012 he was also inducted into the Personal Trainers Hall of Fame, appointed to serve on the prestigious advisory board for the American Board of Anti-Aging Health Practitioners. In 2015, he was awarded an honorary fellowship by a member of the royal family, the Sultan of Pahang, at the world congress of sports and exercise medicine for his distinguished research and contributions to the advancement of sports and exercise medicine on an international level.

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THE INTEGRATED SPRING-MASS MODEL APPROACH TO TREATING THORACIC OUTLET SYNDROME

The use of hand held devices (HHD) such as mobile phones, game controls, tablets, portable media players and personal digital assistants have increased dramatically in past decade. This drastic change has led to new batch of difficult to treat, musculoskeletal disorders of the upper extremities such as myofascial pain syndrome of neck and upper back and thoracic outlet syndrome. The thoracic outlet anatomy and how the bundle passes through the passageway is complex for even musculoskeletal experts. So, for doctors trained in other specialties there can be an inadequate understanding about nature and cause of thoracic outlet syndrome. A syndrome rather than a disease, the Mayo Clinic, Cleveland Clinic and the National Institute of Neurological Disorders and Stroke, plus top 10 ranked hospitals for neurology and neurosurgery agree persistent compression of nerves, arteries and veins traveling through the thoracic outlet is what leads to thoracic outlet syndrome. we will discuss the three models of human movement, The Inverted Pendulum Model, The Spring-Mass Model and the Integrated Spring-Mass Model (ISMM). The (ISMM), which integrates the spring suspension systems of the foot and shoulder region as well as the torsion spring of the spine and the mass, the head. I will discuss my clinical findings show compressive disorders like TOS and herniated discs are merely an over control of tension on the human spring mechanism leading to these syndromes. We will give brief review of the symptoms and their patterns, the common orthopedic tests, and diagnostic tests, the 16 different common conservative therapies and the 10 reasons for when surgery is medically necessary. I will discuss an alternative treatment for this disorder based on the integrated spring mass model.

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Tina Cloney, Asian J Biomed Pharmaceut Sci 2019, Volume 9
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Tina Cloney

Millikin University, USA

BIOGRAPHY

Tina Cloney is a health and nutrition professor in the department of exercise science & sport. She has a bachelor's degree in health, nutrition, and dietetics and a master's degree in community health, and a doctoral degree in public health, health education and health promotion. She is also a board certified registered dietitian, board certified sport specialist dietitian, and a board certified diabetes educator. Before joining in Millikin University, she worked for over 20 years as an educator and manager in various clinical and community capacities.

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OPPORTUNITIES FOR NUTRITION EDUCATION AND INTERVENTION IN THE REHABILITATION OF ATHLETES WITH INJURIES

College athletes suffer significantly higher rates of injury than college non-athletes. These injuries occur during both practice and competition. As a result, physical activity limitations can occur later in life impacting both quality of life and longevity. The nutrition needs of college athletes, healthy or injured, significantly differ from that of college non-athletes. Upon presentation at the rehabilitation unit, it is imperative that athletes learn about the importance of nutrition in the Injury and Immobilization Phase and the Rehabilitation phase of therapy. Careful integration of nutrition intervention can promote healing and accelerate recovery. Nutrition education in this venue can also lead to lowered risk of recurrent injury or risk of another injury upon return to the sport. Athletes must be informed of the benefits of consuming appropriate nutrient intake and overcome any anxiety related to unwanted weight gain during the rehabilitative period. Consuming adequate calories, carbohydrate, protein, fat and micronutrients are vital to the control of inflammation, reduction in muscle atrophy, and to promote tissue repair, healing of fractures and/or breaks (if applicable), etc. Macronutrient and micronutrient recommendations promoting the recovery and rehabilitation of athletes status post injury, surgery, and/or rehabilitation therapy in addition to the transition back to competitive sport will be discussed.