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2. Bughirica-Georgescu M., Tüdös Ș., **Oltean A., M.** (2022). Online kinetotherapy - between desire and reality, New Trends of Fundamental Research in Sport Science From Research to Performance, Conference Proceedings Book, Editura Universitaria, Craiova, ISBN 978-606-14-1791-9, pag. 128-132
3. **Oltean, A., M., Stoica, M., Marcu, V., Dreve, A., Bughirică-Georgescu, M.** (2021). Scientific Considerations Regarding The Research Methodology In Craniosacral Therapy For Cervical Pain, Discobolul – Physical Education, Sport and Kinetotherapy Journal, Volume 60, Issue 2, pag. 138-149, <https://doi.org/10.35189/dpeskj.2021.60.2.6>
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8. Bughirică-Georgescu, M.; **Oltean, A., M.** (2021). Aspects of the health of students from pre-university educational institutions in Romania- acquired deformations of the spine, Education, Sports and Health. Journal of abstracts, ISSN 2601-4998, ISSN-L 2601-4971, Editura universității din București, București, Romania, pag. 33
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Efficacy of craniosacral therapy in reducing stress levels in patients with neck pain

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Abstract

In current professional practice we have noticed that a large part of the subjects who complained of neck pain, insomnia, frequent migraines, complained of the same time of a high level of stress. Following the CranioSacral therapy sessions, the subjects also noticed an improvement in the level of stress felt, which motivated us to do a more detailed research on this topic. The purpose of the research was to demonstrate the opportunity of the association in the therapeutic approach of CranioSacral therapy, which is a complementary therapy with physical therapy which is a classic means of recovery from neck pain. Thus, this paper aims to highlight the fact that CranioSacral therapy brings an improvement in the recovery of people with neck pain, by reducing the level of stress. The study was conducted between November 2020 and September 2021. The research is quantitative based on a questionnaire on a sample of 30 subjects who have been diagnosed with neck pain due to various causes and which were randomly divided into two groups, G1 and G2 of 15 subjects each. Subjects in group G1 were given physiotherapy and CranioSacral therapy and those in G2 were given physiotherapy and massage. The statistical analysis of the research data was performed with the SPSS program and the figures were performed in Excel. Considering the results obtained in this research in the subjects to whom the complex treatment was applied, it is obvious to us that the therapeutic approach consisting of physiotherapy and CranioSacral therapy is more effective than the therapeutic approach consisting of physiotherapy and massage in reducing the level of stress.

Keywords: *CranioSacral therapy, stress, neck pain*

1. Introduction

In current professional practice we have noticed that a large part of the subjects who complained of insomnia, frequent migraines, complained of the same type and a high level of stress. Following the CranioSacral therapy sessions, the subjects found, in addition to the relief of cervical pain and a significant reduction in the level of stress felt. Thus, we considered it appropriate to associate, in the therapeutic approach to neck pain, a classic means of recovery, namely physical therapy, with a complementary therapy such as CranioSacral therapy.

Cervical pain is a common condition that causes a substantial functional disability and is on the rise worldwide. In the Global Burden of Disease study (2010), of all 291 conditions studied, cervical pain ranked 4th in terms of functional disability, as measured by YLD (Years Lived with Disability). The study also reported that the incidence of neck pain had an upward trend of 21% between 2005 and 2015. The costs of health care spending and lost productivity cause increased economic demand for contemporary society.

Thus, physical therapy can have a very important impact in terms of neck pain and by applying examination skills, effective clinical reasoning and the appropriate selection of means of intervention, the impact on neck pain can be significantly reduced. Also with effective management, the high tendency to chronicize neck pain could be greatly reduced. (physio-pedia.com, 2010)

CranioSacral therapy is a method of manual therapy, very gentle, non-invasive, used for the evaluation and treatment of the CranioSacral system, a system that consists of membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. It can have a positive impact on all systems of the human body that are interdependent with each other. Any restriction or imbalance of the CranioSacral system may affect the functioning of the central nervous system. Through the influence of CranioSacral therapy these imbalances can be felt by palpation and by applying very gentle techniques and manipulations on the bones of the skull or on the sacred bone they can be normalized. The therapist uses a light touch of generally five grams, through which he manages to release the restrictions he felt from the CranioSacral system to achieve optimal functioning of the central nervous system, while causing relaxation both somatically and at the mental level thus reducing the level of stress felt (Upledger, J., E., 2008).

This paper aims to highlight the effectiveness of physical therapy associated with CranioSacral therapy in reducing stress levels in people suffering from neck pain.

2. Research methodology

The study was conducted between November 2020 and September 2021 and is a quantitative based on a self-administered questionnaire on a sample of 30 subjects who gave their written consent to participate in this research and who have been diagnosed with neck pain due to various causes. They were randomly divided into two groups, G1 and G2 of 15 subjects each. Subjects in group G1 were given physiotherapy and

Online kinetotherapy - between desire and deality

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Abstract

In the period marked by the pandemic-Covid 19 we faced an unprecedented situation. This period led to a digitalization of the school, and the adaptation to the new reality meant the permanence of the online in all instructive-educational and therapeutic activities of education. The physiotherapy activity also had to change. The parents suddenly became active and responsible in the child's therapeutic activity. Physiotherapists have reconfigured their therapy methods so that students can continue their therapeutic activity outside the school of physiotherapy. The aim of the research was to find out the extent to which online physiotherapy has been carried out in the context of the Covid-19 pandemic. How difficult it was to perform physical therapy tasks at home by parents during the Covid-19 pandemic. To what extent do parents consider that after the end of the Covid-19 pandemic it would be useful for online physical therapy to remain possible. The study was conducted in the school year 2020-2021. The research is quantitative based on a questionnaire on a sample of convenience (n = 45). The research data show that there is no statistically significant link between the opinion on the difficulty of performing therapeutic tasks during the Covid-19 pandemic, the opinion on the usefulness of online physiotherapy after the pandemic and the use of different communication channels during the pandemic. We must emphasize that younger parents with a higher level of education do not consider to a greater extent that after the end of the Covid-19 pandemic it would be useful for online physical therapy to remain possible.

Key words: Covid-19, online, physiotherapy.

1.Introduction

The outbreak of the Covid-19 pandemic has severely disrupted the education / therapy sector in many countries around the world. Emergency measures to slow the spread of the pandemic have led to the closure of schools and the suspension of classes. This period also forced the education system to move to the forced digitalization of the school; and the adaptation and use of online technology in all instructive-educational activities and including therapeutic ones to be done on the go. Online learning offers various teacher / therapist-led instructions. The instructions can be synchronous (communication in which participants interact in the same time space with video conferencing, zoom, google meet and WebEx) or asynchronous (separate communication in time, such as email, Google form, streaming video content) (Simamora, R. M., 2020). Both therapists and clients manipulate materials and interact online in real time (Towey, 2012).

Physical therapy applied in school for children with disabilities aims to recover students with locomotor and neuromotor deficiencies (central or peripheral), grafted on numerous mental deficiencies (mild severe, profound and / or associated) or sensory deficiencies (hearing, sight) (Bughirică -Gorgescu, 2021). The physiotherapy activity carried out in the therapy rooms of the special schools has moved online, in a different space and at a different pace. The medium-term interruption of all school and extracurricular activities generated an acute problem in the educational / therapeutic system, which had to face this problem and find solutions to continue the teaching-learning process or therapy. Social distancing has disconnected children from traditional education and therapy. All those involved in the educational-therapeutic system (students, teachers, therapists, parents) faced a unique situation, and the activity of physiotherapy had to change as well, the online has also become a channel of therapy. In a relatively short time, parents of students also had to prepare to support the education / therapy of their children at home. In the opinion of teachers, including school principals in online education, the importance of the family is even greater (Frunzaru and Stefanita, 2021).

Physiotherapy in the online system had its advantages and disadvantages. A first important disadvantage would be the decrease of the human interaction between the student and the therapist, as well as the interaction between the students. Behind a screen, online therapy participants cannot perceive body language, voice inflections, or appreciation from a teacher / therapist. These elements being essential in communication, in the development of an open relationship based on learning. Several articles have pointed out that the lack of these nonverbal elements in communication increases the feeling of fatigue, the so-called "zoom fatigue" (Fosslien & West Duffy, 2020).

Students' attention is more difficult to manage, because they can be distracted by elements around them, but also because it is difficult for them to intervene when they do not understand something. If face-to-face discussions allow a physiotherapist to "teach" for an hour without losing students' interest and attention, things are different in the online therapy system, and students sometimes feel disconnected. For parents, checking the therapeutic tasks recommended by the therapist required time and sometimes more explanations through communication channels (phone, email, WhatsApp, etc.). The solution is to adapt the teaching style

SCIENTIFIC CONSIDERATIONS REGARDING THE RESEARCH METHODOLOGY IN CRANIOSACRAL THERAPY FOR CERVICAL PAIN

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Abstract. *This paper presents aspects regarding the approach to Craniosacral therapy for people suffering from cervical pain or neck pain. Craniosacral therapy is a gentle manual method of assessing and treating the functioning of the Craniosacral system, which consists of membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. The Craniosacral system is closely related to the whole body: any disorder or imbalance can affect organs, muscles and bones as well as the nervous, circulatory or endocrine systems. Through Craniosacral therapy, these imbalances can be felt/palpated and rectified by very gentle manipulations on the skull or sacrum bone. The beneficial influence of Craniosacral therapy can be clearly determined especially in the case of disorders of the central nervous system. Craniosacral therapy improves the general condition of the body, reduces stress and tension and enhances vital functions, thus increasing the quality of life of patients. The main objectives of this paper refer to the optimisation of Craniosacral therapy and the holistic approach to human personality. The current research is based on elements of novelty that have not been validated so far in the Romanian literature: it detects the possibilities of exploiting the improvement of the treatment applied to people with cervical pain.*

Keywords: *Craniosacral therapy, quality of life, cervical pain.*

Introduction

The father of Osteopathy is the physician Andrew Tylor Still (1828-1917), who was born in America, Virginia. On June 22, 1874, he decided to lay the foundations of Osteopathy following several good results in treating diseases that had no cure at that time. Between 1878 and 1885, he practised Osteopathy and gradually gave up prescribing drugs. Overwhelmed by the large number of people requesting his services due to the medical results obtained, he founded the first school for osteopathic medicine, the American School of Osteopathy, in 1892. Osteopathy is a holistic system of diagnosis and treatment that distinctly addresses the structural and biomechanical problems of the human body in close interdependence with its psycho-emotional status.

The term “osteopathy” comes from the Greek “ostheon” = bone and “pathos” = condition, thus designating diseases that have a structural origin. Osteopathy uses a whole arsenal of methods and techniques of manual medicine (joint, visceral, cranial osteopathy) adapted for all ages and types of tissues (fascial, muscle, ligament, bone, visceral ones), with the ultimate goal of restoring the structural balance of the body.

Studying the interdependence of all parts of the body, Dr Still has found that acting on one area of the body influences the whole body. If imbalances in the functioning of tissues are

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Original article

STUDY ON THE EFFICIENCY OF CRANIOSACRAL THERAPY IN PATIENTS WITH CERVICAL PAIN

OLTEAN ANCA MARIA¹, BUGHIRICĂ-GEORGESCU MAGDALENA¹

Abstract

Aim. We found that using kinetic strategies combined with CranioSacral therapy techniques, the results are obvious in combating pain for a longer period of time, better joint mobility, more restful sleep and better performance in daily activities and thus an improvement in patients quality of life.

Methods. We used assessment methods based on which we can determine the effectiveness of our programs, tests to determine the degree of impairment of cervical spine mobility (Hettinger test), pain assessment test (Wong Baker faces scale), questionnaires to assess both stress levels (Cohen-Williamson) as well as the quality of life.

Results. The results we obtained show a reduction of pain, obtaining a higher degree of mobility in the cervical spine, an improvement in the well-being of patients and the quality of sleep, reduction of stress, anxiety and depression. Pain relief, decreased muscle tension, the experience of deep relaxation and release were also reported by the interviewed patients treated with physiotherapy and CranioSacral therapy during the six week treatment.

Conclusions. The results of the tests applied one month after the end of the treatment show a pain percentage of 50%, mobility of 63%, stress level of 58% and quality of life of 66%, which shows that the results are maintained quite well even a month after the end of treatment.

Keywords: quality of life, cranioSacral therapy, cervical pain.

Introduction

CranioSacral Therapy is a manual, gentle method of evaluating and treating the functioning of the CranioSacral system, a system consisting of membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. Due to the fact that many children, young people, women, adults, seniors showed up at our office with numerous and uncomfortable back pain in general, the cervical area in particular, we considered that a detailed research is needed on this topic up to date. The high prevalence of neck pain and related costs in terms of health care spending and lost productivity is causing an increasing economic burden to contemporary society. Physical therapy can have a massive impact on the overall burden of neck pain. By applying good examination skills, effective clinical reasoning and proper selection of interventions, the impact of neck pain on anyone can be significantly reduced. In addition, the high tendency to chronic neck pain can be reduced with effective management.

Cervical pain can be caused by a certain repeated activity or a trauma to the neck or by another medical condition. Most cases of neck pain are caused by activities that involve repeated and prolonged movements of the neck muscles, ligaments and tendons, bones and joints.

Blanpied et al. 2017, worked to perform a systematic research for concepts associated with neck pain in articles published from 2007 to August 2016 related to

classification, examination, and intervention strategies for neck pain. Pain and associated conditions of the neck is a common disease. According to their study it is estimated that 22% to 70% of the population will have neck pain some time in their lives and it has been suggested that the incidence of neck pain is increasing. 10% to 20% of the population reports neck problems, 54% of individuals having experienced neck pain within the last 6 months. Prevalence of neck pain increases with age and is most common in women around 50 years old (Blanpied et al., 2017)

According to Binder, 2007, most patients have a simple neck pain where the cause is a bad posture or mechanical basis. Depression, anxiety, poor posture, neck strain, and sporting or occupational activities can also be aetiological factors that can trigger neck pain. Also whiplash injury can cause a simple neck pain where no neurological deficit or a bony injury is present. Both mechanical and degenerative factors are present in chronic cervical pain (Binder, 2007).

CranioSacral therapy is a relatively recent technique introduced into the recovery system abroad. I was fortunate to take part in several professional training courses on this subject in Austria, at the Drumbl Akademie für Aus- und Weiterbildung GmbH, where I was able to deepen this wonderful therapy over several years. Since 2015, I have been practicing CranioSacral therapy, both in Austria where I worked as a physiotherapist for five years, and in the office in Oradea with good results CranioSacral Therapy is a manual,

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Original article

THEORIES REGARDING THE APPEARANCE OF VERTEBRATIC STATIC DISORDERS- A MULTIFACTORIAL APPROACH

BUGHIRICĂ-GEORGESCU MAGDALENA¹, OLTEAN ANCA MARIA¹

Abstract

Aim. The purpose of this theoretical research is to collect information from various studies and literature on the importance of the factors that determine the occurrence of this pathology in children and adolescents. This research also aims to highlight and classify the causes of spinal static disorders.

Methods. In this retrospective study we collected and analyzed data from various studies and literature. The data were obtained by disseminating and analyzing the results obtained by numerous specialists in the field. The data collected wanted to bring a multifactorial approach to the occurrence of vertebral static disorders among children and adolescents.

Results. Several theories are considered regarding the occurrence or determination of this pathology. From a genetic point of view, it is considered that between 30% and 50% of patients with these diseases inherit the disease from a relative that can be traced up to the 3rd degree (Jianu.M., 2010).

Hormonal factors have been addressed by a number of authors to see their relationship on the onset and worsening of this pathology. Melatonin and its relationship to idiopathic scoliosis have fascinated researchers since the middle of the last century, with the studies of Thillard M.J. who observed the appearance of a scoliosis similar to adolescent scoliosis following the removal of the pineal gland in chickens (Herdea, A., et al, 2016). During growth, estrogen plays a very important role, and through its hormonal effect will generate a series of changes that can indirectly lead to the appearance of vertebral static disorders.

Conclusions. Changes in the structure and shape of the spine depend very much on our genetic material, the normal functioning of the endocrine glands, other associated diseases, the type of constitution and the type of superior nervous activity.

Keywords: vertebral disorders, etiopathogenesis, children, adolescents.

Introduction

Currently, a great importance is given to research on the factors that determine the occurrence of this pathology among children and adolescents. These factors that determine the appearance of vertebral static disorders are multiple. Most often they are known (congenital, infectious, tumor, etc.) or unknown (in idiopathic scoliosis).

The issue of vertebral static disorders in children and adolescents remains a current, controversial topic. The incidence of this disease is increasing every year. Current studies show that nationwide vertebral static disorders are the third most common disease among children and adolescents. (National Public Health Report, 2017).

Disorders of vertebral static cause deviations from normal, in the shape and physical functions of the body, which triggers adverse effects on the body, preventing its proper functioning, and decreasing physical performance. These deviations from normal can change the shape of the body and its physical functions globally or partially. Most often they are accompanied by muscle imbalances (muscle stiffness and weakness) and compromise the normal course of movement.

Vertebral static disorders can occur at all ages, but their most spectacular frequency and evolution is during pubertal and post-pubertal growth and active development in both girls and boys. Numerous studies on this pathology in the school population in Romania have highlighted that there is an increased incidence of this pathology (Ciovică et al, 2016).

The National Institute of Public Health in turn exposes the prevalence of the first 10 categories of chronic diseases dispensed in school medical offices, the deformities gained of the spine in 2018 ranked third. The impact of this incidence is major, as it mainly concerns the young population. In the school communities, on the occasion of the findings made at the beginning of the school year, they complain that approximately 80% of the schoolchildren deviate from the ideal attitude of the body. (Antonescu et al. 2017).

Methods. For the elaboration of this research I consulted the specialized literature and various studies.

With the information collected, we wanted to bring arguments about the many causes of the occurrence of vertebral static disorders among children and adolescents. We discussed a

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THE EFFECTS OF A COMPLEX RECOVERY PROGRAM ON PAIN REDUCTION AND IMPROVEMENT OF LUMBAR SPINE MOBILITY IN PATIENTS WITH L4-L5 LUMBAR DISC HERNIATION

EFECTELE UNUI PROGRAM DE RECUPERARE COMPLEX ASUPRA REDUCERII DURERII ȘI ÎMBUNĂTĂȚIRII MOBILITĂȚII COLOANEI VERTEBRALE LOMBARE LA PACIENȚII CU HERNIE DE DISC LOMBARĂ L4-L5

Emilian TARCĂU¹, Ioan Cosmin BOCA², Anca OLTEAN¹,
Andrei COTRĂU¹, Mihai Ionel ILLE¹

Abstract

Hypothesis: In our study we started from the hypothesis that, by using a complex program, which uses as means of rehabilitation massage, electrotherapy, hydrotherapy and physical therapy in patients with lumbar disc herniation, a decrease in pain and an improvement in spine mobility are to be expected.

Material and methods: The study was performed on a number of 23 patients who were diagnosed with hernia of the L4-L5 intervertebral disc. They followed a recovery program which included a 15 minute massage session, 10 minutes of electrotherapy with diadynamic currents, 20 minutes of hydrokinetotherapy in the thermal water of Băile Felix Spa Town with its specific properties, at a water temperature of 37°C and 40 minutes of individual physiotherapy. Pain was assessed by using the Numerical Pain Rating Scale (NPRS), and spinal mobility by using fingertip-to-floor test (FTF), inverted Schober and Schober test, left and right lateral trunk tilt.

Results: The pain decreased in intensity in all 3 situations considered. Thus, in the morning it improved by 2.61 ± 1.75 deck of intensity, after the physiotherapy session by 1.57 ± 1.34 points, and in the evening by 2.43 ± 1.56 points.

Spine mobility increased for all movements analyzed, so that flexion had a positive evolution in both the fingertip-to-floor test (5.63 ± 4.76 cm gain) and the Schober test (0.61 ± 0.50 cm) extension gained 0.57 ± 0.47 cm on the average of sample, the right lateral trunk tilt 1.16 ± 1.37 cm, and the left lateral trunk tilt 0.80 ± 1.12 cm.

Conclusions: The conclusion reached was that the application of a complex recovery program, which uses massage, electrotherapy, hydrotherapy and physical therapy in patients with lumbar disc herniation at L4-L5, reduces the intensity of pain and improves spine mobility.

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THE EFFICIENCY OF CRANIOSACRAL THERAPY IN SPINAL DISORDERS

Eficiența terapiei CranioSacrale în deficiențele coloanei vertebrale

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Abstract

Background. We intend to present in this paper aspects regarding the approach of CranioSacral therapy in persons with spinal disorders.

Objectives. CranioSacral Therapy is a manual, gentle method of evaluating and treating the functioning of the CranioSacral system, a system consisting of membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. The CranioSacral system is closely related to the whole body: a disorder, an imbalance can affect organs, muscles and bones but also the nervous system or circulatory system. Through CranioSacral therapy these imbalances can be felt and by gentle manipulations they can be rectified. The therapist generally uses a light touch, with which he releases the restrictions from the CranioSacral system to improve the functioning of the central nervous system, causing a relaxation both somatically and mentally.

Methods. Working with CranioSacral therapy for many years, we found out that using kinetic strategies combined with CranioSacral therapy techniques, the results are better in combating pain for longer, better joint mobility, more restful sleep and better performance in daily activities.

Results. Because the CranioSacral therapy is a very gentle method of therapy, it is used successfully for all ages from infants, children, adolescents to adults and the elderly. CranioSacral therapy is increasingly used as a means of prevention, as it complements the body's natural healing system. It has the ability to increase disease resistance and is effective in a wide variety of dysfunctions and medical problems associated with pain, stress, anxiety and also depression.

Conclusion. The main objectives of this research refer to the optimization of the treatment who combine kinetic strategies with CranioSacral therapy, as well as the holistic approach of the human personality to improve the quality of life.

Keywords: CranioSacral therapy, spinal disorders, quality of life.

ASPECTS OF THE HEALTH OF STUDENTS FROM PRE-UNIVERSITY EDUCATIONAL INSTITUTIONS IN ROMANIA- ACQUIRED DEFORMATIONS OF THE SPINE-

**Aspecte ale sănătății elevilor din instituțiile de învățământ preuniversitar din
România- deformările dobândite ale coloanei vertebrale-**

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Abstract

Background. The health indicators of students in pre-university education institutions in Romania show a considerable increase in the level of student morbidity in 2015-2019. In the structure of morbidity, eye diseases, obesity due to non-endocrine causes, acquired deformities of the spine, weight hypotrophy predominate.

Objectives. In conducting this research, we considered identifying the prevalence and dynamics of spinal deformities in the school population in Romania between 2014-2019, based on the collection of official data (level of schooling, background, age,) on the health of students in educational institutions pre-university, according to the National Institute of Public Health - National Center for Health Assessment and Promotion.

Methods. The annual statistical reports, approved by the Ministry of Health and the National Institute of Public Health, on the state of health of students in pre-university education institutions for a period of five years (2014-2019) were studied.

Results. From the analysis of centralized data during 2014-2019 at the country level, the acquired deformities of the spine represent the third disease in the population examined in pre-university education institutions.

Conclusion. The high percentage of children with chronic diseases and those with disharmonious physical development must give food for thought to all those who deal with the health and harmonious physical development of children and young people. We must not forget that all these diseases and deficiencies of the level of physical development have an important impact on the children's ability to adapt to effort, so with major implications on the instructional-educational process and especially on the results obtained by students in it. The main risk factors attested in pre-university education institutions are: overuse of study programs, inadequacy of school furniture adapted to the age and height of students, inadequate artificial lighting in classrooms, etc.

Keywords: deformities of the spine, students, pre-university education institutions.

Comparative Study Regarding the Quality of Life of Women after Normal Delivery versus Cesarean Section.

- **Source:** Romanian Journal of Physical Therapy / Revista Romana de Kinetoterapie . dec2022, Vol. 28 Issue 49, p39-47. 9p.
- **Author(s):** CIOBANU, Doriana; LOZINCĂ, Izabela; OLTEAN, Anca Maria
- **Abstract:** Background: The birth of a child is a source of joy in the family. But the one who truly feels the implications of this "miracle" is the mother, because she will cope with both the joys and the fears that implicitly flow from this experience. Aim: This paperwork aims to highlight one of the important aspects affected by the type of birth chosen, namely the quality of life of the mother-in-law immediately after birth, with immediate repercussions on the ability of the mother-in-law to play the role of mother. Material and methods: The study was conducted in May 2021, at the maternity hospital in Oradea, on 36 subjects, the average age of 24.38 ± 4.884 (min 20 / max. 35 years), in the first days after birth, 55.6% primiparous, 44.4% multiparous; 63.9% come from urban areas, 36.1% from rural areas. The subjects were divided in two groups as follows: 18 women with natural birth as study group, and 18 women with caesarian section as the control group. As assessment tools we used: Beck Depression Inventory, Apgar score, Functional Independence Measure and Verbal Analog Scale. For statistical analysis we used SPSS 15.00 version. Results: There are significant differences between the 2 groups in terms of pain intensity when switching from supine to lateral decubitus; lying in bed, the intensity of the pain while walking; when handling and breastfeeding; the degree of functional independence in personal hygiene and the handling of the newborn and the degree of depression. There are no significant differences for functional independence in breastfeeding and APGAR scores. Conclusions: As a general conclusion we can say that it appears that the normal birth is much more beneficial both for the mother (physically, mentally, independence and recovery) and for the child (Apgar score).
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OPTIMIZATION OF JOINT MOVEMENTS BY PHYSIOTHERAPY IN DIAPHYSEAL FRACTURES OF THE HUMERUS

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Introduction: Treatment of humerus fractures varies depending on the severity of the fracture, bone quality, age, general condition and activity level of the patient. Various studies have been carried out in order to choose the most appropriate treatment depending on the type of fracture, but one of the most important factors taken into account for the choice of treatment is considered to be the patient's age at the time of fracture, with treatments changing over the last 10 years in order to speed up the patient's recovery;

Objective: The aim of the study is to analyze, understand and apply in practice what the literature indicates about humerus diaphyseal fracture (what was chosen as the topic: clinical diagnosis, pathology), its evolution, treatment and recovery in a particular manner.

Methods: Objectification of therapeutic outcomes was done using objective tests performed on the first and last day. Means and methods of evaluation are: Visual analogue scale for pain, Joint assessment, Muscle strength, Functional tests: Apprehension test, Dugas test, Norwood test, Jerk test, Rockwood test for past instability, Alternative postero-lateral apprehension test, Hawkins test.

Results: During the 2 months of recovery, the patient gradually regained both strength and mobility, which allowed him to have positive functional tests at the end of the recovery period.

Conclusion: The physiotherapy programme was individualised according to the patient's age and functional capacity. Following the recovery programme, including drug therapy, electrotherapy and physiotherapy, the patient had favourable changes in both shoulder joint mobility and muscle strength.

Keywords: humerus, fractures, shoulder rehabilitation

Culegere de grile pentru examenul de licență

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