

Comparisons made within groups in terms of physical and technical performance emphasized significant differences between the initial and the final testing, as follows:

At the mobility test, the final average level of 7.8 cm for the experimental group is higher than the average level in the control group, which is 2.9 cm, the progress of the experimental group being of 4.9 cm. The coefficient of variation which is 1.88% for the experimental group is lower than the final coefficient of variation, 6.08% for the control group, which shows an increase in the experimental group homogeneity.

La proba de lovire a mingei cu piciorul de pe un suport static, nivelul mediu final de 8,4 reușite la grupa experiment este mai mare față de nivelul mediu final la grupa martor, care este de 5,4 reușite. Coeficientul de variație final de 2,11 % la grupa experiment este mai mic față de coeficientul de variație final de 9,3 % la grupa martor, ceea ce demonstrează o creștere a omogenității grupei experimentale.

At the kicking test of the ball from a static stand, the final average level of 8.4 successful kicks for the experimental group is higher compared to the final average level in the control group, which is 5.4. The coefficient of variation of 2.11% for the experimental group is lower than the final coefficient of variation of 9.3% for the control group, which shows an increase in the experimental group homogeneity.

Conclusions

Additional training is required to ensure diversification and filling of motor actions, which develop at certain ages.

It takes some learning activities of compensating movements, as it has been shown that the mobility means used have improved the process of tapping the ball.

In this experiment we have noticed the motivation of the athletes in adapting to the tasks-integration and problem solving.

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STUDY ON THE TREATMENT SCOLIOSIS PHYSIOTHERAPY, MASSAGE AND REFLEXOLOGY

SAVA LUCICA

“Dunărea de Jos” University of Galati

Summary: Given the difficult socio-economic situation and reform interminable education directly affects discipline and physical education (as a limited number of compulsory hours laid down in the Common Core), the paper aims to warn on the negative aspects that the regime of life current youth (in a very high percentage required) has on their current physical health, with clear repercussions on yield professional future.

Keywords: exercise, physical exercise, physical therapy, scoliosis

A. Ionescu [3] highlight the natural character, active, functional, prophylactic, therapeutic, pathogenic symptomatic psychotherapeutic means of physical therapy.

Performing exercises in therapeutic exercises based on the natural character of most movements, requires participation and involvement conscious and active calls all functions of the body (metabolism, cardio respiratory) prevents or treats attitude or physical, exercises acting on the cause and the effect, ensuring gradual restoration of the biological potential of the individual.

In addition to using exercise gymnastics appeal and associated media (tempering factors, active recreation, occupational therapy occupational therapy), mechano therapy, massage processes [1, 2].

The aim is to record some crucial indicators for an objective assessment of the degree of physical development, harmony and proportionality global and segmental indicators that enable ongoing evaluation and forecasting long-term health of future young people integrated in the production process .

Working hypothesis: I assume that the use of basic physical therapy, massages and reflexology at the level of student groups, progress will be made apparent in terms of prevention and especially correct attitudes impairments - scoliosis - mainly and physical deficiencies in the secondary.

The study included a total of 5 subjects, students of ballet class at the School of Art "Dimitrie Cuclin" in Galati. As a long-term study that was conducted during January 2014 (initial testing) - May 2015 (final test).

The application of the programs proposed remedies made both during physical education classes and free time of the students at home - in terms of recovery kinetic and recovery by reflexology and massage was done in lab recovery of the Faculty of Physical education in Galati.

Kinetic recovery program includes exercises that, depending on the severity of the impairment and the degree of physical training will influence: spinal mobility, strength, endurance, skill.

This should not lead to misunderstanding, namely, that the treatment will be applied only exercise, but treatment programs must contain combinations of exercises elastic showing a harmonious multilateral development of psychomotor ability.

Between the age of growth in most deformed spinal deviations that have no evolutionary recommended exercises to increase joint stability.

In general, all forms of deviation of the spine should be sought to balance the muscular qualities of the joint, competing to achieve a normal body positions.

By therapeutic exercises develop motor skills base has been a constant concern in all lessons, throughout the school year and we took into account that a number of exercises in form and content grows, especially certain physical qualities influence a lesser extent and other qualities. Thus, exercises similar in form, but as differentiated application technique can achieve different effects. For example, before lying down, trunk extension influence spinal mobility and trunk extension slowly trunk extensor muscle strength influences.

The application of the proposed corrective programs was made both during physical education classes (individualized) under my direct guidance and in some special lessons. Frequency and duration of these lessons are determined for each case depending on several factors, of which the most important are: diagnosis, age, prognosis, health. It should also be taken into account and a series of related data regarding previous exercise, body exercise capacity and possibilities of perceiving the movement of the person who is to be employed in the recovery program.

Currently we organized two lessons per week recovery, their duration being as needed.

In the first lessons to avoid inconveniences that may result from analytical exercises requiring more attention and less cardio-vascular and respiratory systems, there is need to introduce exercises with major commitment of the musculature through rhythm and speed of execution are meant to provoke essential physiological fatigue producing positive effects of lesson. These exercises should be selected so that their form synthetic does not prejudice the proposed corrective tasks to be achieved through analytical exercises.

Next steps will include between static exercises, walking exercises, movements of the arms, ankles game, various forms of running, squats and lunges with different movements of the trunk and arms. Exercise helps boost lesson jersey and eviatarea monotony.

Particular importance should be given to capture attention, then focus attention to those who are working. The active participation of those treated and why it is necessary for them to be able to properly execute independently a series of exercises outside lessons.

In gymnastics lessons exercises should be used in form and content to allow synchronization of their breathing. In these breathing exercises, exhale duration should exceed that of inspiration. Inspirations and forced expiratory amplitude and duration of apnea are lower at first, then amplify and reduce again towards the end of the year. Following completion of complex strenuous exercises should be given pause for recovery.

The medical gymnastics lessons symptom of pain must be given special attention, making the distinction between pain caused by a possible sore muscles and determined by the condition.

Special attention we have given students awareness on performing corrective exercise self-control and proper body posture and corrective exercise association with massage and massage done by himself area concerned.

Attitudes vicious and mostly of mild physical disabilities are not accompanied by obvious morphological changes in somatosensory neighboring regions.

Regarding recovered by reflexology and massage it was done within 10 sessions 10 sessions reflexology and massage.

The causes that have led attitudes give physical deficiencies are:

- morphological and functional changes of the locomotor system due to growth periods (before puberty and puberty);
- poorly developed skeletal muscle - caused by physical education, replacement with other objects -
- Faulty position of pupils in the bank, determined by physical and nervous fatigue;
- wearing weights (bag, bag in hand skillful preferably lead to bowing of the spine bearing hand weights;
- attitude "soldiers" - especially girls - who determines basin subsidence line causing scoliosis attitudes;

- Lack of self-correct position of the body as a result of ignorance and vicious attitudes about physical deficiencies.

Somatoscopic examination (examination of global and segmental) held in specialty office of the Faculty of Physical Education and Sport in Manchester, using plumb line and a screen frame. Besides somatoscopic exam was more measured: weight and height for a proper physical development harmonious and fingers test soil (the hip-femoral mobility).

The exam dynamic movements involved in various plans to seize areas stiffness and joint laxity - measured with the goniometer left-right laterality. Observing these movements allows differentiation between forms or partial, partially reducible-corrected and non-reductive. (Fig.1,2,3,4,5).



Fig. 1



Fig. 2



Fig. 3



Fig. 4

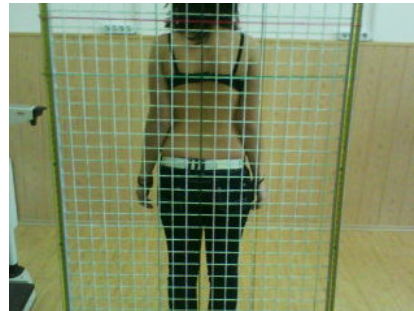


Fig. 5

I believe that during the recovery period was a favorable trend in all five subjects, confirming the working assumption in that recovery of kinetic, reflexology and massage helps and speeds up recovery if attitudes scoliosis and point out that preventing and detecting deficiencies physical development, however, require a minimum knowledge about the features properly kept of the body, the manifestation of physical deficiencies, the causes that produce them, how to prevent and treat them, thus ensuring integration of healthy individuals and develop physically harmonious society.

Number of students showing poor attitudes or physical disabilities constitute a warning light on the health of younger generations. However, the reduced frequency of serious shortcomings by allowing better promote the practice of physical exercises, improvement of these problems;

Actual decrease in the number of hours of physical education, which is such a vital role in worsening health of students.

Overloading during school schedules and lack of physical education classes that are replaced with other disciplines while worsening allow poor attitudes.

The lack of interest from students (as a natural consequence of neconștientizării beneficial effects of exercise), coupled with insufficient involvement of teachers, a factor that explains the emergence and evolution of the problem considered negative.

Accelerating the pace of life, the emergence of computers and hours lost watching TV no longer allows for recreation and leisure necessarily compensate the negative effects of this lifestyle.

Proposals and recommendations

Following the observed and recorded throughout the recovery would make the following proposals:

- establishment of specialized offices in each school for detecting early physical weaknesses and to combat them;
- ongoing collaboration with the physiotherapist of the respective school physical education teacher and parents of students to establish an appropriate rehabilitation treatment deficiency;
- choice of means to be made by the individual characteristics of patients, each subject being different from each other;
- exercise to be practiced systematically and judiciously to ensure normal growth, physical development harmonious, functional exercise capacity lifting the body, preserving and strengthening health;
- integration of hours in the core curriculum for health education are intended to acknowledge her students about the negative effects of bad posture habits that are installed in time.

Recommendations - for scoliosis:

- girls in particular will be clarified not stand up soldiers resting on one leg with the other bent, for amounts Basin and bowed whole column on the same side. When standing still rests on both feet;
- briefcase or backpack to be worn at a time in each hand. Preferably wear a backpack on both shoulders, straps adjusted accordingly;
- position to oversee the bank, such as when writing to support both elbows on the desktop, avoiding the tilt column unsupported arm;
- support the chair to be distributed equally and not only on a thigh, keeping the middle column;
- to sleep on all sides and not only prefer one position to the detriment of others;
- of ball games are shown volleyball and basketball.
- Exercise program:
 - walk peaks above right arm, left arm diagonally down and back, arching every 2 steps;
 - support the knee with your hands, raise your right hand and left foot - with the introduction in extension;
 - lying on the left side with a ball under hemitorace the left, right arm to the side carrying up with inspiration - exhalation comeback;
 - lying on his back, right arm attached to his head, left arm stretched along the body, raising the legs to 45 degrees, bending the knees, carrying their left, return;
 - supine, hands on your head - shearing up to 45° feet;
 - standing shoulder straight into the wall at a distance of one step, arms obliquely upwards, the right hand resting on the wall, bending the left side of the trunk sticking right side wall and lower the left arm alongside the body, return.
- Scoliosis in "C" right will do the same exercises but on the opposite side. These exercises, like those practiced by the student at home so ensuring increased efficiency of treatment.

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