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THE EFFECTS OF KINETIC - THERAPY ON RHEUMATOID POLYARTHRITIS

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Summary
The present article is a study based on the questioning and observation of some categories of respondents directly involved in the medical problems analyzed in the article, that is the role of kineto- therapy in the treatment of the disease, the patients' behavior and the effects of the physical exercises on the patients; checking the efficiency of some factors that had an impact on patients and obtaining some accurate data about the degrees of the functioning of the joint.

Key words: Arthritis at the femoral-lame level, methods to prevent it, medical recovery and its efficiency in the process of forming convenient compensatory mechanisms.

Introduction

The rheumatoid polyarthritis is a degenerative illness. Rheumatoid illnesses are approached by kineto-therapy to the same extent as other pathological, neurological, respiratory, cardiovascular, psychological or post-trauma sequels. Kineto-therapy approaches these illnesses in three stages: a) kinetic – prevention – preventive treatment at the 1st and 2nd degree; b) kinetic – therapy - when the disease has progressed, therapeutic assistance; c) assistance for medical recovery when the illness or traumas have progressed and become chronic.

The presence of the kineto – therapist is compulsory in many pathological stages of the disease. The functional recovery and the prevention are the two main directions of kinetic -therapy. Therefore, it must be proved to what extent the kineto-therapy treatment assures better results and helps to remove the malfunctions at the femoral- lame joint.

Besides these references, it must be carefully observed whether the means, the selected and applied procedures that follow the methodological principles of kinetic – therapy are sufficient and how well the kineto – therapy procedures may reduce the immediate complications.

Arthritis at the femoral-lame level usually occurs in the clinic – biological history of an advanced rheumatoid polyarthritis: sometimes these ailments occur in the early stages as well.The X-ray analysis can establish the most useful indications for recovery. There are different types of the femoral bone inflammation.

The typical arthritis of the hip joint is characterized by the whole narrowing of the articular interliniu, irregularities (injury of the subchondral bone).

In the stage of the evolved hip arthitis the articular interline is destroyed.The femoral head is destroyed, the top/roof is collapsed, the cervix is ascended and the bottom of the cotil is prominent in the pelvis.

There are also forms of illness that are destructive (the articular interline is reduced and irregular) and constructive (femoral ostheo - phytosis).

The early stages of the disease may benefit from the use of anti – inflammatory medicines, procedures based on body correct postures or preventive orthopedics of the bad postures or. corrective gymnastics. The evolved forms need surgical operations followed by physical recovery.

The kinetic therapy is also named medical recovery or functional rehabilitation - is considers to be one of the specific forms of movement, practicing physical exercises having a preventive therapeutic characteristic.

The polyarthritis of the hip is not among the most common ailments of the inflammatory degenerative rheumatism; yet, untreated on time leads to ostheo –articular deformities as a result of the destruction of the cartilage, it affects the bone, it swells the capsule and the tendon; there are also mechanical pressures and unphysiological tractions of the tendons which are caused by eccentric erosions the firm support. The incidence of the disease increases as people get older, the most cases occur in 70 years old patients.

The key element if the suffering is synovitis, which makes the femoral joint (that is a big synovial joint with important mechanical stress) to be greatly affected.

The femoral –lame joint is a main joint having normal functions such as: the mobility and the bipedal support as well as the walking capacity. These elements are taken into consideration to evaluate the normal status of the hip and to establish the recovery program.

During the recovery process of the patients the kinetic – therapy program is very useful for treating the pain, for the mechanical protection of the hip joint, for the common function of walking and for the socio-professional integration of the person. It is also necessary an elaborated theoretical and practical study regarding the efficiency of the kineto-therapy of the delaying of evolution process of this disease.

Material and method:

We have chosen a representative sample made of 3 human subjects in order to demonstrate our medical theory: T.A. – 56 years old suffering from typical polyarthritis of the hip; BD. – 63 years old – suffering from bacterial polyarthritis of the hip; L.E. – 54 years old – suffering from viral polyarthritis of the hip.

The main purpose of the study was to check the already obtained hypothesis, to contribute to the improvement of the recovery process and the reducing of the recovery time as well as to ameliorate its efficiency.

The experiment helped to prove the existence of certain factors that had an impact on the patients, based on some hypothesis and theories.

We wanted to get specific data on the degrees of the functionality capacity of the joint through some medical tests. We have used the muscular-articular clinical testing which can be applied to evaluate the quality and quantity of the movement capacity of the articular system. We measured the movement amplitude using a goniometer and we had two X rays tests of the maximum extension of some movements. We have also measured the distance between two points marked on the two segments that make the movement angle.

Using some graphic charts we will demonstrate certain aspects which may highlight the need to use kineto-therapy treatment; it ensures the improvement of the results and the elimination of some malfunctions at the femoral lame joint.

It has been noticed that those people receiving the therapeutic treatment had a muscular-articular system with normal or close to normal values: their strength and movement capacity increased, hypertonicity , articular pain have been reduced.

Results and discussions

The analysis of the final results has the purpose to establish the efficiency of the applied program, the achievement of some corrections f the program due to the observations made during the treatment, the removal of some obvious objectives or the implementation of new methods, techniques, or therapeutic aids.

It has been demonstrated that patients had a satisfactory evolution according to the initial capacities following the applied treatment. The muscular and articular system have developed for the better reaching their normal values of strength, amplitude and mobility.The entire blood circulation has been improved by movement: the contraction of the muscles contracts the blood vessels and it accelerating it. Some physical exercises have improved the effects of medicines. Moreover the disturbances caused by pains which appeared while the patients are walking -were diminished or they even disappeared . The posture deformities caused by the deviation of the femoral head were reduced and, in some cases, they have also disappeared.

A better response to the kineto-therapy treatment was observed at the patients that kept a diet rich in proteins, vitamins or mineral salts. The electro-therapy had a beneficial effect on the sick people: diadynamics, ionizations, hydrotherapy, they all had an important role, a relaxing, neuro-sedative effect.

The people who had an active life prior to the appearance of the symptoms of the illness followed a more rigorous physical program compared to sedentary people . They also had a better evolution having normal values.

Conclusions

Following this study of the presented cases certain conclusions have been drawn:

- The aimed objectives have been reached;
- Visiting the doctor in the early stages of the disease may lead to a better recovery;
- The peripheral blood circulation has improved;
- The values of the respiration have become normal;
- Patients who followed the therapeutic treatment had a positive evolution;
- Fatigue appears later than in the initial stage;
- Sedentary patients have a weaker evolution that active patients;
- Some patients succeeded in getting their jobs back and became active in their social and personal lives;
- The internal organs functioned better as a result of practicing physical exercises;
- Following the treatment of kinetic - therapy the quality of the patients lives have significantly improved;

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EXPERIMENT ON THE EVOLUTION OF SOME COORDINATION AND TECHNICAL INDICATORS TO THE FOOTBALLERS 9 YEARS OLD

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Abstract
We believe that based on improved training means we can significantly increase the level of technical indicators in a group of children 9 years old, who play football. We wanted/intended to see and also to prove to what extent some technical indicators whose means are combined with elements of coordination relative to the development of technical ability, if at this age can be strengthened through special training. Data collected at the beginning and the end of the study showed differences between the experimental and control group in favour of the experimental group and also inside of the experimental group, which revealed significant differences between initial testing and final testing, concerning on the suggested performances of training .

Key words: football, training, efficiency

Introduction
It is a requirement concerning the instruction imposed by the professionalism that must be educated / trained from the junior age children until the end of this age. Teachers / coaches must always put the question "what effective means can be used", "how we can approach learning methods to develop motor and intellectual ability of athletes". Football is a means of physical education, the latter makes the link between abstract and concrete. From an early age, goals and promotion of sports skills tasks fall to physical education and sport: better health, driving round development capabilities, acquisition of motor skills and sports skills mastery. The game of football is characterized by motor and a rich content through a variety of movements performed particularly great outdoors, which exert a favorable influence on the whole organism functions.
Football game carries great influence on the central nervous system. The emotional state of children who engage in sport consists of a variety of activities, interests, which causes an increase in the mobility of nervous processes. Thus it develops and improves processes of intellectual, emotional and volitional. Very important is the positive influence that football has on drive ability, influencing the development of general and specific driving skills. Drive ability aforementioned feature in-game actions, contributes to the development of basic motor skills (learning to run, jump, turn, stop, kick, etc.), and coordination in the experiment proposed by the technical skill, certifying the formative value to be taken into account for the development of the small footballer personality.
The training actions proposed refers to the movements executed with the ball. The core element of the football game technique is hitting the ball with the foot, but we must not neglect the ability to handle the ball, so in our schedule changes were implemented in coordination too. Hitting the ball with the foot is the starting point for other technical elements related to the implementation of the foot such as: leadership, taking, care; elements which were taken into account in the experiment. These elements of the game have repercussions later in technical skills related to post-cross, clearance, pulling the gate, etc. Reported to the experimental program of the football game content for work with children takes on new dimensions. Because the density of drive ability be at a higher level, has become a redistribution the dimensions of the playing depending on the particular age. In this way they were shown a series of bilateral games and rules of conduct on low land. To highlight the evolutionary point of the two groups are presented comparative histograms of the four moments shown in figure 1. The