Athlete’s neck pain and myotensive technique

A. Mallek a,⁎, A. Yahia b, S. Mahersi b, S. Ghroubi b, M. Elleuch b

⁎ Unité de recherche de l'évaluation des pathologies de l'appareil locomoteur 04/UR/08-07, service de médecine physique, université de Sfax, CHU Habib Bourguiba, Route Ain, 3029 Sfax, Tunisia

b CHU Habib Bourguiba SFAX, Tunisia

*Corresponding author.
E-mail address: atika.bejar@hotmail.fr

Keywords: Neck pain; Sport; Myotensive technique

Objective.– Describe the contribution of myotensive technique in taking care of neck pain in athletes.

Patients and methods.– This is a prospective study involving 20 athletes followed in the Physical Medicine and functional rehabilitation Department (Sfax-Tunisia) for neck pain related to intervertebral disturbance during the year 2012. These athletes have received five sessions of Mitchell’s myotensive technique based on a better anatomical knowledge of the neck area.

The pain assessment was performed before and 1 month from the beginning of rehabilitation.

Results.– After five sessions of specific rehabilitation such myotensive technique, we found out an improvement in pain symptoms in 17 patients. The average score of VAS initial pain was 5.65 ± 1.35. After one month, it was 1.7 ± 1.3 (statistically significant difference).

The average score of VAS functional impairment increased from 7 ± 1.3 to 2.5 ± 1.1 after one month the beginning of the myotensive technique.

Discussion.– In our study, we found the cellulo-téno-myalgic syndrom in all sportmen.

Support calls to medical and physical treatment including particularly manual therapies. Which is a sportmen’s treatment choice because their immediate efficiency; it reduces the intensity of neck pain and afford to go back early the sport [2].

In our study, we based on myotensive technique of Mitchell [1]. Other techniques myotensives were described in the literature [3] The technique of strain counterstrain Jones and Myers.

References

Impact of physiotherapy in the treatment of chronic constipation at Cotonou

G.T. Kpadonou⁎, E. Alagnidé, N.D. Niama, G. Houngbedji, H. Azamasso

Service de rééducation et de réadaptation fonctionnelle du CNHU de Cotonou, 04 BP, 808, Cotonou, Benin

⁎Corresponding author.
E-mail address: kpadonou_toussaint@yahoo.fr

Keywords: Chronic Constipation; Physiotherapy; Cotonou

Constipation is a common symptom often considered trivial, but can lead to several complications [1]. Physiotherapy is an important means to the armamentarium of its management.

Objective.– To evaluate the impact of physiotherapy in the management of chronic constipation and the factors that influence its development.

Method.– This is a retrospective and cross-sectional study aimed to be descriptive and analytical based on 34 patients suffering from constipation admitted to rehabilitation CNHU of Cotonou from January 2006 to December 2010. These patients divided into two groups (21 reeducated, 13 controls) were reviewed from November 2011 to January 2012 to assess the evolution of their constipation.

Results.– The mean age of patients was 36.47 years; female sex was predominant (97.10%) with a sex ratio of 0.03. Rehabilitated patients had a good evolution of the tone and perineal mobility and improved functional disorders associated with constipation compared to those who did not receive rehabilitation (p < 0.05).

Conclusion.– These results highlight the role of physiotherapy in the treatment of constipation and show that patient cooperation is essential for proper development of constipation.

Reference

Management and rehabilitation of Bell’s palsy

H. Ben Brahim⁎, N. Gader, W. Said, W. Kessomtini⁎, N. Ben Hamida, N. Driss

⁎ Unité MPR, CHU Tahar Sfar, 5111 Mahdia, Tunisia

⁎ Service ORL, CHU Tahar Sfar, Mahdia, Tunisia

*Corresponding author.
E-mail address: nadra.gd@gmail.com

Keywords: Bell’s palsy; Rehabilitation; Grading of House

Introduction.– Bell’s palsy has always been a source of disgrace linked to lesion of the seventh cranial nerve. Disfigurement is the major concern of patients suffering from (BP). A medical treatment associate to an early and appropriate rehabilitation is the most prescribed.

Materials and methods.– This is a retrospective study over a period of 14 years (1997–2011) on 168 patients sent for BP rehabilitation.

All patients underwent a facial examination and a Freyss testing at the beginning and at the end of treatment. Rehabilitation was started early associated to medical treatment. We followed our patients for 3 months. The treatment results was evaluated by the Grading of House.

Results.– It’s about 71 men and 97 women, mean age of 34 years. 58.3% of them consulted in the first 7 days. The paralysis was fifth grade in 54% of cases. After rehabilitation, recovery was partial in 22.6% and total in 70.8%.

Some sequelae were observed in 6% of patients. Female patients, younger than 60, who saw their physician at an early stage of the disease and patients with initial testing > 10/30 experienced better recovery.

Discussion.– Muscular testing of Freyss is an important tool to appreciate the severity and following of a BP. The management of the disease is based on early and appropriate rehabilitation. In most often cases we notice a good evolution, but many studies advanced that age is a poor prognostic factor, while gender does not influence the evolution which is different of our results.

Meanwhile, the importance of initial testing deficit and House grading were a prognostic element in both literature and our study. BP is frequent and needs an early and appropriate rehabilitation management which affect the evolution of the disease.

E-mail address: kpadonou_toussaint@yahoo.fr

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