Indications and Results of Ankle Arthroscopy in Vietnam

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Objectives: 1. Evaluate the result of ankle arthroscopy; 2. Evaluate the surgical indication and technique of ankle arthroscopy. Patients and methods: retrospective research 40 patients underwent ankle arthroscopy in Saint Paul University Hospital and Hanoi Medical University Hospital. ...

Assessing the Relationship between Body Composition and Spinal Curvatures in Young Adults

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Author(s): Ferruh Taspinar*, Ismail Saracoglu, Emrah Afsar, Eda O Okur, Gulce K Seyyar, Gamze Kurt and Betul Taspinar

Introduction: Although it is thought that abdominal adiposity is one of the risk factor for postural deviation, such as increased lumbar lordosis, the studies in the literature only explored the effects of body mass index on spinal alignment and postural changes. ...

Does the Weighted Rope Jump Training Affect the Motor Skills in Adolescent Female Volleyball Players?

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Author(s): Filiz Fatma Colakoglu, Selma Karacan, Nevin Atalay Guzel and Gul Baltaci*

The aim of this study was to investigate the effect of a 12-week rope jumping and weighted rope jumping exercise programme on body composition and strength performance in 25 female adolescent volleyball players. Group 1 was trained on the weighted rope jumping (WRJ; (n=8)) diet as well as volleyball training, Group 2 on rope jumping (RJ; (n=9)) diet as well as volle ...