Effects of Progressive Muscular Relaxation Combined With Aerobic Continuous Training on Exercise Tolerance, Hemodynamics, and Life Quality in Patients with Chronic Heart Failure

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Purpose: To assess if the addiction of progressive muscular relaxation (PMR) to aerobic continuous training (ACT) is more effective than ACT alone in order to improve exercise tolerance of patients with chronic heart failure (CHF).

Methods: Thirty CHF patients, age 67±6 years; ejection fraction 34±2. NYHA II-III was enrolled. Fifteen patients were randomized to gro ...

Which Pain Rehabilitation Programme Should Patients With Chronic Back Pain Attend? - A Practical Example of a Service Evaluation Based Upon Implementing Research Findings into Clinical Practice

Published On: September 08, 2014 | Pages: 032 - 038

Author(s): Karen L Barker*, Leila Heelas, Elaine Buchanan and Fran Toye

Background: To evaluate a service reconfiguration of pain rehabilitation programmes for chronic back pain using three programmes of differing intensity and duration and a clinical algorithm. ...

Methods for Avoiding or Reducing High Spinal Loads in Everyday Life
Background: High loads on an anterior spinal implant can cause an implant to subside into the vertebral body. ...

Loss of upper Extremity Motor Control and Function affect Women more than Men

Background: Loss of functional ability and motor control following stroke appears to affect women more severely than men in general. However, little attention has been paid specifically to the upper extremity. ...

Validity of Ratings of Perceived Exertion in Patients with Type 2 Diabetes

Purpose: To examine whether a subjective measure of moderate-intensity exercise (12-13 on Borg’s ratings of perceived exertion scale; RPE) corresponds to the target heart rate for moderate-intensity exercise (40-59% heart rate reserve; %HRR) and to determine the characteristics of those for whom RPE does not appropriately estimate exercise intensity. ...
The authors present a technique paper on the utilization of both ultrasound and fluoroscopy guidance for injections about the hip joint. ...
Facilitating Improvements in Interprofessional Pain Management

Published On: September 06, 2014 | Pages: 030 - 031

Author(s): Carol J Clark*

Pain is a global phenomenon in which it has been estimated that 20% of adults and 8% of children suffer from at any one time of whom 10% suffer chronic pain [1,2]. ...