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

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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

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Author(s): Jessica L. Unick*, Sarah Gaussoin, Judy Bahnson, Richard Crow, Jeff Curtis, Tina Killean, Judith G Regensteiner, Kerry J Stewart, Rena R Wing, John M Jakicic

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. ...

Image-Guided Injections of the Hip
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

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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]. ...