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 addition 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 ...
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.

**Talar Neck Fractures: An Overview**

Talar injuries are infrequently encountered in practice as the majority require a high energy force such as road traffic accident or fall from height and they are often presented as complex injuries. Talar neck fracture accounts for half of these injuries.

**Novel Use of Optokinetic Chart Stimulation with a One-Off Epley’s Manouvre in a Bed-Ridden, Difficult to Rehabilitate, Care of the Elderly Patient with Undiagnosed BPPV: A Case Report**

Background and objective: Unrecognized BPPV leads to activity limitations. This case report aims to report on use of optokinetic chart stimulation and one-off Epley's manoeuvre to treat unrecognised BPPV in chronic Meniere's disease.

**Editorial**
Facilitating Improvements in Interprofessional Pain Management

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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]. ...