Research Article

The effect of an exercise program in water on pain level and functional status in chronic nonspecific low back pain patients: A single-blind randomised controlled trial

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Background: Lower back pain is one of the most widespread health issues today. Water-based exercise is an effective treatment to reduce pain intensity and disability. Objective: To assess the effect of a water exercise program on pain level and functional status in patients suffering from chronic nonspecific low back pain. Methods: One hundred and twenty-four volun ...

Mini Review

Effect of proprioceptive training in male soccer players

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Soccer is one of most popular and practiced sports. Although, we can establish its dynamic character as a determining factor that injuries to occur. Although, the majority of injuries are caused by contacts or impacts, a wide part of then are caused by receptions after jumping and changes of direction own of this sport. Here, we show the importance of a proprioceptive ...
A new paradigm is needed to guide the utility of functional electrical stimulation in rehabilitation medicine

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Back in 2006, an invited commentary raised the question “are we asking clinically relevant questions”? The commentary referenced an application of electrical stimulation in a clinical trial [1]. This question regarding Neuromuscular Electrical Stimulation (NMES) and Functional Electrical Stimulation (FES) is as relevant in 2020. Based on the premise and presumption th ...