



Ashraf S Gorgey

**Executive Editor
Journal of Yoga & Physical Therapy**

Biography

- Dr. Ashraf S. Gorgey received his doctoral degree from the University of Georgia, Athens, GA in Exercise Physiology.
- He is currently an Assistant Professor of Physical Medicine & Rehabilitation at Virginia Commonwealth University and a Research Health Science Specialist at the McGuire VA Medical Center, Richmond, VA.
- Dr. Gorgey has published more than 45 peer-reviewed manuscripts in the area of electrical stimulation, body composition, metabolism and exercise in persons with spinal cord injury.
- He is currently a Fellow of the American College of Sport Medicine and serves on the research award committee of the ACSM organization.

Research Interest

Research interest is investigating the effects of therapeutic exercise on musculoskeletal adaptations after Spinal Cord Injury and how this plays a role in improving body composition and metabolic profile in this population.

Recent Publication

- Gorgey AS (2014) Exercise awareness and barriers after spinal cord injury. World J Orthop. 2014 Jul 18;5(3):158-62. doi: 10.5312/wjo.v5.i3.158. eCollection 2014 Jul 18.
- Gorgey AS, Dolbow DR, Dolbow JD, Khalil RK, Gater DR (2014) The effects of electrical stimulation on body composition and metabolic profile after spinal cord injury - Part II. J Spinal Cord Med. 2014 Jul 8.
- Gorgey AS, Dolbow DR, Dolbow JD, Khalil RK, Castillo C, Gater DR (2014) Effects of spinal cord injury on body composition and metabolic profile - Part I. J Spinal Cord Med. 2014 Nov;37(6):693-702. doi: 10.1179/2045772314Y.0000000245. Epub 2014 Jul 7.

Therapeutic exercises

- Therapeutic exercises refers to a wide range of physical activities that focuses on restoring and maintaining strength, endurance, flexibility, stability, and balance. The goal of therapeutic exercises is to return an injured patient to a fully functioning, pain-free state.



Therapeutic exercises

- A physical therapist begins by conducting a thorough evaluation of an individual's physical capabilities through both a medical history and physical assessment. The physical therapist then uses his/her knowledge to shape a treatment care plan containing a slowly-progressing exercise program that is appropriate to each individual's needs.



Therapeutic exercises

- The physical therapist monitors progress, assists with some physical movements, and continuously modifies the plan as the client recovers. The first objective of therapeutic exercise is to help the body reduce pain and inflammation. Once this is achieved, the exercise program focuses on regaining range of motion and rebuilding muscle strength and endurance.



Therapeutic exercises

Exercises that may be included in a therapeutic program include:

- Strengthening exercises, usually performed with heavy resistance and fewer repetitions.
- Endurance exercises that engage large muscle groups over a longer period of time.
- Flexibility exercises achieved through stretching and movement.
- Balance and coordination exercises that focus on maintaining an individual's center of gravity.



Journal of Yoga & Physical Therapy

- Ayurveda,
- Yoga practice,
- Therapeutic exercises
- Forensic Medicine
- Physical exercise
- Physical therapy



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