

2nd International Conference and Expo on

Novel Physiotherapies

June 09-11, 2016 London, UK

Sanomechanical criterion of correctness of exercising based on a floating skeleton concept

Mark Pitkin

Tufts University School of Medicine, USA

Criteria of correctness are required for any exercise to minimize the risks and maximize the positive effects of the actions. In sanomechanical exercises, a hedonic (related to pleasure from the Greek *hēdonē*, pleasure) criterion, based on the pleasurable signal coming from the involved zones of the body, is used to evaluate the exercise's correctness and control its intensity and duration. The hedonic criterion refers to the Floating Skeleton concept (FSC) postulating the hydrostatic connectivity of the synovial capsules in the skeleton allowing for subperiosteal transmission of pressures between joints. Such transmission is a means for redistributing the loads applied to the contacting joint heads mitigating dangerous overloading. In a controlled *in-vivo* study the FSC was experimentally confirmed. Consequently, the sanomechanical approach to exercising including the hedonic criterion of correctness should be now explored with greater confidence. Details and examples of the criterion application will be presented.

mpitkin@tuftsmedicalcenter.org

The ideas of Afghan physiotherapists about evidence based practice - A survey research

Mohammad Shaker Ahmadi¹, Nishat Quddus², Zubia Veqar³ and Ross Iles⁴¹Afghan Association for Physical Therapy, Afghanistan²Hamdard University, India³Jamia Millia Islamia, India⁴Monash University, Australia

Method: A survey questionnaire was sent to 200 physiotherapists working in hospitals, non-governmental organizations (NGO) and in private practice. Out of which, 126 completed the questionnaire.

Results: 68% of the respondents were male, and were from 10 different provinces of Afghanistan. The highest number (91%) of respondents had a 2 year diploma and 8% had a Bachelor's degree in Physiotherapy. Physiotherapists were asked about the usefulness of evidence based practice (EBP), 82.5% of the respondents said that EBP is useful for their daily clinical practice while 11.1% of the respondents mentioned that it is not useful. 88% of the respondents agreed that EBP is necessary for their daily practice, 90% said they need to increase EBP in their daily practice and 84% agreed that EBP improves the quality of patient care. 73% disagreed that strong evidence is lacking to support the most of the interventions they use. 3 quarters of the respondents agreed that patient preference influences the treatment choice. 83% agreed that EBP helps in clinical decision making.

Conclusion: Results suggest that Afghan physiotherapists had a positive attitude towards EBP. The respondents also felt the need to improve their knowledge and physiotherapy skills for practicing EBP. Respondents listed barriers to EBP such as lack of access to evidence research resources and lack of access to computers and internet. The recommendation to the stakeholders of physiotherapy profession in Afghanistan is that they must consider these barriers and provide the resources for easy access of knowledge about EBP.

Implication: Through the result of this study the institution and association will plan their capacity development program for Afghan physiotherapists.

aapt.afg@gmail.com