

3rd International Conference and Expo on

Physiotherapy

October 13-15, 2016 Kuala Lumpur, Malaysia

Effects of a comprehensive physical therapy program on functional performance profile in young men with a history of Osgood-Schlatter disease

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There is little prospective studies assessing the treatment of Osgood-Schlatter disease (OSD) hence, this study was conducted to investigate the functional performance profile of young men. 50 young men having a history of OSD were randomly assigned into 2 groups-their ages ranged between 17-21years old. Group A had a conventional physical therapy program in addition to extracorporeal shock wave therapy sessions while group B had the same conventional treatment program. Sessions were executed 3 times a week for 2 months. Assessment was done using a modified 100 points rating scale. This scale is based upon 5 variables (symptoms, functional tests, clinical examination, performance tests and manual muscle testing). The basic grading scale breaks down into 4 categories: Excellent=90-100; Good=80-89; Fair=70-79 and Poor=69 or below. Measurements were taken before as well as after the end of treatment program. Before treatment (group A); excellent 2 patients, good 13 patients, fair 8 patients, poor 2 patients, for (group B); excellent 1 patient, good 17 patients and fair 7 patients. While after treatment; (group A); excellent 17 patients, good 8 patients; for (group B); excellent 11 patients, good 13 patients, revealed statistically significant improvement in the measuring variables of both groups when comparing their pre and post treatment mean values. Significant differences in the measured variables were also obtained in favor of the group (A) when compared with that of group (B). The obtained results strongly supported the application of shock wave therapy to improve functional performance profile in young men having a history of Osgood-Schlatter disease.

Biography

Ibrahim Ragab has completed his PhD from Cairo University. He is a Lecturer in the Department of Physical Therapy for Orthopedics & Orthopedic Surgery at Beni Suef University. He has published a paper on "Safe Cosmetic Leg Lengthening for Short Stature: Long-Term Outcomes" *Healio Orthopedics*, July 2015-Vol 38. Issue 7: e552-e 560.

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