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Exercise for postural kyphosis in individuals with osteoporosis

Wei-L Hsu

National Taiwan University, Taiwan

Introduction: Postural kyphosis has been reported in individuals with osteoporosis and is potentially improved through exercise-based interventions such as strengthening and stretching exercise. Myofascial release could decrease pain, increase joint mobility and improve posture.

Aim: The aim of this study was to investigate the effects of stretching exercise and myofascial release on kyphotic posture in people with osteoporosis and osteopenia.

Methods: Thirty-three osteoporotic and osteopenic women received both stretching exercise of bilateral pectoralis major muscles and myofascial release of left pectoralis minor muscle in a single session. The stretching exercise was performed in hook lying position and the legs were rotated in the opposite direction of the stretched arm. The myofascial release technique was positioned in supine lying with left arm placed at 90° abduction. Face pain scale for back pain, occipital-wall distance, pectoralis minor length and trunk flexion/extension range of motion were measured before and after intervention.

Results: Single session of combination of stretching exercise and myofascial release on pectoralis minor may have immediate beneficial effects on back pain, kyphosis and trunk mobility in older adults with osteoporosis and osteopenia.

Conclusion: Future studies should investigate the long-term effects of these intervention techniques.

Biography

Wei-L Hsu is a Clinical Researcher and her research interests are centered on gait and posture in people with movement disorders. She has been involved in numerous human movement research projects, has formulated research studies based on clinical observations and has made a valuable contribution to many research projects. She also continues her clinical practice as a Physical Therapist to bridge the gap between bench and bedside. She has extensive experience in characterizing movement patterns in patients with spinal disease, poor balance control, characterizing muscle strength and analyzing the effect of physical therapy and surgical interventions on movement functions.

wlhsu@ntu.edu.tw

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