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FEMORAL PATELLAR INSTABILITY: CONSERVATORY TREATMENT PROTOCOL WITH BIOFEEDBACK (EMG)

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Purpose: To identify exercises to treat femoral patellar instability patients by bibliographic revision from BIREME e LILACS web sites since 1995 until 2015.

Introduction: Due to the great incapacity that the femoral patellar instability provokes in the patient, either for the development of the sports activities and in its daily activities, the treatment of this pathology is reason of great interest.

Justification: The high index of unsatisfactory results after the surgical procedures and the great medical mistakes potential make of the treatment conservative a promising alternative.

Methods: Clinical evidences show that the muscles can have a specific training to line up patella, therefore also present anatomical, functional, histochemistry differences and in the innervations standard. Regular and continuous training will produce effects that are beneficial and lasting. The Biofeedback can be applied to Vast Medial Oblique during the program of exercises to later improve initially its time of tension and the duration of its tension.

Conclusion: We conclude that the exercises more indicated for treatment of the Femoral patellar instability are: Hamstring, gastrocnemius, quadriceps and lateral patella retinaculum stretching. Exercises of posterior Step at 45°, previous Step at 75°, isometric extension of knee at 90°. To leave of this revision a protocol is suggested to be searched future in randomized clinical assays: Posterior Step at 45° of rise, previous Step with knee benched at 75°, isometric knee bench at 90° at wall, knee bench in fixed bar at 60°, anterior/posterior knee bench, isometric extensor Chair at 90°, leg adduction Chair, flexion with ankle inversion, Position of isometric Trendelenburg, Stretching of: Hamstring, gastrocnemius, quadriceps, gluteus, internal and external hips rotators, lateral patella retinaculum, tensor of the fascia lata, hips adductors and abductors.

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CONCEPTUALIZING AN EXPANDED ROLE FOR RNS

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In our changing health care system, the role of registered nurses (RNs) has become indistinguishable from other nursing and health care providers' roles. The purpose of this research was to explore the perspectives of nurse leaders and direct care RNs about the existing and future RN scope of practice. This research used an interpretive descriptive analysis on data that was garnered from nurse leaders and RNs through separate focus groups. Participants identified existing threats to their roles, examined their scope of practice and proposed changes to the RN scope of practice. Specific areas that were identified included leadership; advocacy and expansion of RNs practices were dominant themes.

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