

6<sup>th</sup> International Conference and Expo on

# Novel Physiotherapies, Physical Rehabilitation and Sports Medicine

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### **Knee problems connected with improper way of sitting in children, adolescents, adults at physiotherapy clinic**

**Introduction:** Available literature does not discuss any information about ways of standing and sitting in children, adolescents and adults in context of pathology of the locomotor system. The observations made by the authors in the years 1995 - 2018 proved that the incorrect position of sitting leads to pathology of knee, that is the instability and pain syndromes. The pathogenesis of deformities and the rules of the therapy and prophylactics were presented in lectures.

**Pathology of knee joint:** The cause of dysfunctions can be congenital, post traumatic, inflammations or chronic overload. It is very frequent that the pathology of locomotors system is connected with syndrome of contractures and deformities described primary by Prof. Hans Mau from Tübingen, Germany. The overload is known in medicine and can be the cause of pathology in the locomotor system but has not been connected with scoliosis. In the case of scoliosis, the time of overloading while standing plays the main role whereas in the case of pathology of the knee, it is the incorrect position while sitting that has the negative effect.

**Material:** The study included 98 patients presenting incorrect sitting position. The patients were both children and adults. It has been proved that the pathology of the knee can be connected with varus deformity, with valgus deformity, with contracture of knee joint, with hyperextension of knee joint. Additional pathologies connected with instability of the knee and this instability is connected with improper position of sitting have been observed since 2012. The number of patients sitting in an incorrect way in Poland varies from 10% to 15%. The question whether such patients are present in other countries still remains without an answer.

**Clinical description of problem of the knee:** A careful examination of painful knees performed in the years 1995 – 2018, an improper way of movement of the knee has been discovered. It has been discovered that in movement from flexion to the extension performed on one or both knees, they were not in sagittal line whereas it was observed that in end phase of the extension with the rotation or with valgus direction of movement was present. The material presented in lectures, indicated the presence of numerous patients at different ages that had the habit of improper sitting.

**Physiotherapy:** The rules of therapy were discussed in the lecture. The aim of the therapy is to avoid the improper sitting and exercises in order to improve the stability of the knee joint. The importance of physical therapy diadynamic, laser, kryotherapy and other was also stressed.

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## Biography

Tomasz Karski studied at Medical University in Lublin and received medical doctor certificate in 1961. During the studies he was active for three years in Students Scientific Orthopaedic Association and later after graduation he was the Assistant Teacher for young student generation. In 1967 and next in 1971 he passed specializations degrees - first and second degree in Orthopaedic Surgery and Traumatology of movement apparatus. In 1993 he was awarded by full professor degree and title by President of Poland. Since 1st October 1995 to 2009 he was the Head of Chair and Department of Paediatric Orthopaedics and Rehabilitation of Medical University in Lublin/Poland, in the biggest Paediatric Hospital in Eastern Poland Region.

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