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## The meaning of local stability for the co-ordinated movement human palm

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**Introduction:** The motoral co-ordination is ability to executing folded movements: exactly, quickly and in changing conditions. The stability of the part of the human body is the essential element for the possibility of the realization of the movement. It is the special fix point for that part of the human body during the executed movement in space. The aim of the work is the analysis of dependence between the chosen parameters of the motoral co-ordination wrist and human palm and the local stability or its lack.

**The material and methods:** 81 persons study (healthy, the stroke of the brain). Age of studied: 20-80 years old, the women and men. To the investigation of the parameters of the co- ordination movement (the range of movement, speed/ frequency of the movement, the strength of the flex of the palm) were used Hand Tutor device and hand dynamometer. The patients were examined in two exit positions: sitting without the support and lying with the stability of the trunk and the tested upper limb.

**Results:** The introduction of local stability influenced on the change of the parameters of the motoral co-ordination of the palm fingers and wrist.

**The conclusions:** Local stability influences on the improvement of the co-ordination movements in the radio - carpal joint and the human palm. Local stability applied during exercises with the patient selectively improves the co-ordination movement the practiced parts of the body.

**Keywords:** Stability, motoral co-ordination, the range of the movement, speed/frequency, grip hand.

### Biography

Anna Maria Olczak, The expert of motive rehabilitation - the law executes occupation of the physiotherapist of no. 2139 Doctor, the field of the science: about physical culture in the range of motive rehabilitation, year of conferment 2008 r., the title of the doctor's trial: the Effectiveness of physiotherapy leaning on the elements of Metody McKenzie and PNF in the treatment of the disc disease of the lumbar section of the spine. The profile of the scientific property/professional The Military Medical institute\_ Investigative Projects national: 1. No. 45/WIM/2011 the Opinion of the risk of falls at chorych with illnesses urazowo - orthopaedic and neurological. Doctor Ann Olczak, aim as in title, publications, conference reports, the monograph, (Begun - 2011 ended - 2014) 2. No. 46/WIM/2011 the Influence of systemic cryotherapy on with the illnesses of the organ of the movement chorych posturalną stability. the doctor Ann Olczak, aim as in title, publications, conference reports, the monograph, (Begun - 2011, ended- 2014). The professional experience: (beyond the university): -from 1990 to 2006 engaged in The team Care Wholesome in Gostynin- The raven, The department Rehabilitation Illnesses Organ Movement, -from the 01.01.2006 of the year engaged in The clinic Rehabilitation Military Institute of Medical Occupied Positions -from 1996 The deputy Manager Team Rehabilitation about/RSNR -from 1998 to 2006 The manager Team Rehabilitation about/RSNR from 2006 the older assistant in The clinic Rehabilitation WIM Finished courses and trainings: 17.

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