

Thesis Summary

The Effect of suggestion programs using , rubber band and aqueous medium in the rehabilitation of injured partial rupture of the anterior cruciate ligament for athletes

Under the supervision of pro . Abbas Hussain

Introduction researcher's thesis dealt with the importance of research and dealt with as provided for reasons of injury partial rupture of the anterior cruciate ligament of the athletes, and the importance of research in the development of Mnhadjiyan Tahelen injury using elastics a aqueous media. The research problem lies in the prevalence of this infection and Mikablha of rehabilitation programs using traditional exercises Kalaozan which often Maicon undesirable complications may occur

The aim of the research preparation Platform rehabilitation proposal using elastics and the aqueous medium in the rehabilitation of injured Rip partial ligament anterior cruciate athletes, it has been assumed researcher there is influence of the Platform for Rehabilitation proposed the use of elastics and the aqueous medium in the rehabilitation of injured Rip partial ligament anterior cruciate, either research areas FD included on the field human eight injured players injured partial rupture of the anterior cruciate ligament and determine the temporal

area 17/4 / 20013ouhty 05/01/2014 and represent spatial domain Hall of rehabilitation in the Directorate of Sports Medicine / Ministry of Youth and Sports.

Theoretical studies included an overview of the variables under consideration Ki_rih the knee joint and the surrounding muscles and causes of injury and mechanical occurrence and elastics and the aqueous medium and exercises, either similar studies have included one study. The researcher used the experimental method to design a pilot two experimental (equal totals) with the pretest and posttest, and the means of data collection, which included hardware and tools, measurements and experience and exploratory approach qualifying user and statistical methods.

The results are presented and classified in a set of tables and graphs and illustrations, and then analyzed and discussed in a scientific manner supported by scientific sources, has been through the debate and that to achieve the goals. In light of the discussion of the results, the researcher's conclusions, mainly; impact of the curriculum prepared using elastics in a positive way in the rehabilitation of injured Rip partial ligament anterior cruciate through the development of (thigh circumference, muscle strength, angles of movement, the degree of pain), and also using the curriculum prepared using aqueous media is positive in the rehabilitation of injured partial tear

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of the anterior cruciate ligament during the development of (thigh circumference, muscle strength, movement angles, the degree of pain), the impact of the curriculum prepared using elastics better in the development of muscle strength.