

Research Abstract

"The impact of rehabilitative exercises in and out of the water to restore some functional capacity in patients with " ulcer knee after surgery

Dr. Waled Hussein Hassan

Interested in sports medicine modern research and prevention of athletes from injury through the study of the nature of sports injuries to take the necessary measures to prevent, and gave more attention to the treatment and rehabilitation of injuries so that the player can return after rehabilitation to as close as possible to its natural state before the injury and ulcer cartilage knee injuries common and result in the loss of part of the surface of the cartilage in a limited area of the joint.

It may happen that an integral part of the cartilage so that the free movement within the joint leading to symptoms such as pain and a sudden stop to the movement of the knee, articular cartilage does not have blood vessels and therefore does not have the ability to heal or rebuild tissue, and therefore, the situation of the ulcer treatment usually need ulcers knee surgical treatment and given the nature of the injury, which depend upon rehabilitation to not burden the body weight on the knee for six weeks so interested researcher to give exercises to increase range of motion of the knee so there is no stiffness of the joint during the wary initial treatment.

And give exercises to increase strength around the knee, in the next stage through the use of exercises and exercises stability in aqueous media and to take advantage of water from the lack of body weight load on the knee and to strengthen the muscles surrounding the cartilage without causing inflammation of the knee.

The researcher used the experimental method for the suitability of the nature of this research design, the experimental group and one using the measurement of tribal and post have been selected research community of players with sore knee in the games (football - Handball) hospital Raced in Mena, after having the surgery, ranging in age from 8:32 p.m. age of the research sample was selected in the manner of intentional sore knee injured players in the games (football - Handball) hospita Raced 1 in, Mena after having surgery.

The total research community (12) players injured and became a research sample core (6) of injured players and was the most important results and there are significant differences between the measurements of tribal and ex-post sample user with exercise rehabilitation of water and land in the variables under consideration and in the direction of telemetric and ranged improve the percentage of Kiesin tribal and ex-post sample user with rehabilitative exercises and ground water in the variables under

discussion between (7.63%: 20.16%) indicating the impact of the proposed program.