Comparison of low back mobility and stability exercises from Pilates in non-specific low back pain: A randomized controlled trial

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Objectives: Compare the effects of the low back mobility and stability exercises from Pilates Method on low back pain, disability and movement functionality in individuals with non-specific chronic low back pain. Methods: 28 participants were randomized into two exercise protocol from Pilates methods, one focusing on low back stability and other on low back mobility, ...

Effects of pilates method on the posture, postural habits, and neck and back pain of women with temporomandibular dysfunction: A randomized clinical trial

Published On: April 11, 2020 | Pages: 014 - 022

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Background: Associations between changes in body posture for people with Temporomandibular Dysfunction (TMD) have been discussed in the literature. Although the Pilates method is an alternative for treating postural changes, there is a lack of studies evaluating its effects on individuals with TMD. The purpose of the study is to investigate the effects of an exercise ...

Prospective evaluation of relationship between MRI findings and ASIA score to
predict neurological recovery in acute traumatic spinal cord injury

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Introduction: The role of MRI in evaluating the acutely injured spine is well established and contributes to assessment of ligamentous disruption, associated disc protrusions as well as exact site of maximal canal stenosis and nature of cord injury; and neurological assessment as per ASIA score is an internationally accepted method. It is not well established the MRI ...

Treatment of lumbar spinal stenosis with the HQ (Hernández and Quintana) interbody screw, with minimally invasive technique

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Lumbar spinal stenosis is a frequent ailment that affects people over 50 years. With previous studies by J. Zucherman, and the cadaveric investigations with maximum flexion and extension by W. Rauschning, it was demonstrated that the bulging of the posterior longitudinal ligament and the ligamentum flavum were the main causes of radicular compression; but, the key aspe ...

Multi-Level forestier syndrome in the cervical vertebra with an unusual radiographic appearance: Case report

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Author(s): Deniz Sirinoglu, Mehmet Volkan Aydin*, Idris Avci, Gizem Meral Ati, Buse Sargül and Mehmet Volkan Aydn

We present a rare case of Forestier disease with multi-level vertebra involvement from the upper cervical to the thoracic area which has not been reported in the literature before. A 65- year old male patient was admitted to our outpatient clinic with neck pain, dysphagia and sleep apnea for over 5 months. On his cervical CT scan revealed broad ossification of the
