

Hellenic Sports Medicine
ΑΘΛΗΤΙΑΤΡΙΚΗ



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e) Dissertation: K.Natsis. Ultrastructural study of the skeletal muscle fibers after an experimental muscle atrophy [dissertation number 870]. Medical School, Aristotle University of Thessaloniki, 1993.

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Trauma-related primary luxation of the patella -Arthroscopic - supported medial retinaculum suture

Meyer O., Georgallas C., Godolias G.

Abstract

Between November 2001 and March 2004, arthroscopic-supported medial retinaculum suture was performed in our hospital on 98 patients after primary luxation of the patella. The operation is performed in a modification of the technique described by Yammamoto. Osteochondral fragments at the lateral femurcondylus or at the medial patella facette could be found in 56 patients. The mean hospital stay was 3 days, limitation of movement by or-thesis was generally required for a period o 4-6 weeks postoperative. In the follow-up of mean 37 months to date, luxations recurred in 7 patients. This recurrence rate of 7.1% is well bellow the figures cited for conservative therapy of patella luxation in the literature. For the patient, the arthroscopic-supported medial retinaculum suture is a minimally-invasive procedure with good to excellent postoperative results.

Key words: knee, patellar dislocation, retinaculum suture, arthroscopy.

The effect of therapeutic exercise as rehabilitation method in athletes aged 13-18 years old with local isthmic spondylolisthesis

Giapraki M., Kitsios A., Fotiadou E., Pissas D., Sikaras E., Kourouni E., Tsakiri G.

Abstract

The purpose of the present study was the estimation of a specific rehabilitation programme in 35 adolescent athletes with a percentage of isthmic spondylolisthesis <12%. Additional goal was set to be the checking of the influence of "gender" and "sport" in the grade of recovery. The rehabilitation programme included wearing a Boston brace, correction of body's standing, stabilization exercises, PNF and McKenzie and also 'back school' exercises 3 days per week for 4 months. Measurements were conducted before and after the intervention, including the final percentage of slip. For the statistical examination of the results one-way ANOVA, 3-way ANOVA repeated measures and Scheffe post hoc tests were performed. One-way ANOVA showed that there were statistically significant differences between the original and final measurement. The statistical method 3-way ANOVA repeated measures showed that the interaction 'gender' and 'sport' created statistically significant differences between groups only for the results of the extensors of the knee in torque at 300 deg/sec. Finally, Scheffe post hoc test showed that track and field athletes seem to be favored through the rehabilitation programme, in that they excel in strengthening of psoas and quadriceps muscles from the other three kinds of athletes. No other differences were found between groups. Conclusively the whole rehabilitation programme created positive effects in the reduction of the percentage of slippage, especially for the male track and field athletes.

Key words: isthmic spondylolisthesis, adolescent athletes, low back pain, spondylolysis.

Exercise and nutrition as health regulating factors, in the *Hippocratic Corpus*.

Christopoulou-Aletra E, Gigis P.

History of Medicine, School of Medicine Aristotle University of Thessaloniki.

Abstract

In the Hippocratic Corpus it is extensively used the term "diet" meaning both nutrition and life style. Exercise, walking, mental activity, profession, sex, rest and sleep are all evaluated in order to obtain the best possible balance of the four humours in the body which ensure health, according to the Hippocratic physicians. Exercise and controlled nutrition may be evaluated thus as preventive factors in the life of men. However, all these parameters may be effective only if we take into consideration the individuality of each person, his constitution, sex and age. Exercise and controlled nutrition may also act as treating factors for the restoration of health in cases of illnesses. Today the treatments of many diseases depend on exercise and proper diet.

Key words: Hippocratic corpus, exercise, nutrition.