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Study of relationship between Osteoarthritis, postural changes and Osteoporosis in postmenopausal women

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It is a study conducted in Curitiba, Parana, Brazil, at Federal Technological University of Parana (UTFPR).The UTFPR has a biochemical and densitometry laboratory, where studies about postmenopausal women are conducted and these women participate in the Specific Exercise Program of Osteoporosis. From this program were analyzed seventy four women in the aged between 50 and 81 years old, mean age 62.8±6.7 and from these total 65 women with osteoarthritis, 55 without postural changes, 19 with postural changes and osteoarthritis. In this research, the measure of joint problems associatedwith posture change was found in 65 individuals from 74 (about 90%). From the 19 subjects evaluated with postural change, whole has osteoarthritis associated to it; this data corroborates researches that indicate the posture evaluation as fundamental to the prescription of physical exercise. The postural and physical evaluation of patient determines the most appropriate exercise program to the bone health improvement, considering that post-menopausal and elderly women have, joint and muscular disorder associated. The specific exercise program is based in closed kinetic chain are appropriated to the bone resistance while exercises at open kinetic chain are more indicated to those individuals with joint and postural involvement. The exercises at closed kinetic chain move several joints simultaneously with the distal end of the fixed or supported member, when as in open kinetic chain; the burdens are more centered at certain segment having free hands with or without burden. The study concludes that a physical and postural assessment is fundamental to the most appropriate prescription of physical exercise for a bone density that does not compromise simultaneously the joint integrity.

Biography

Julio Cesar Bassan has degree in Physical Education from the Federal University of Paraná (1986) and PhD in Exercise Physiology and Applied Nutrition Sport by the Catholic University of Murcia, Spain (2007), a title recognized by the University of São Paulo (USP). He is currently Adjunct Professor at the Federal Technological University of Paraná (DE). He has experience in the area of Physical Education, acting on the following subjects: Biochemical and physiological patterns for control of athletes' performance training and practicing struggles Percussion (emphasis in karate). He participated in the Graduate Program in Biomedical Engineering Master Professional.

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