

## 2<sup>nd</sup> International Conference and Exhibition on **Physical Medicine & Rehabilitation**

July 14-16, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

### Postural disorders and musculoskeletal dysfunction diagnosis, prevention and treatment

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This presentation connects theoretical and practical aspects of human movement and posture. Its purpose is to expand and enrich the use of movement both therapeutically and in regular activity for improving postural patterns in daily functioning. The presentation delves into the anatomy and kinesiology of the Locomotor/musculo-skeletal system and reviews common pathologies and postural disorders. In addition to offering ways to diagnose posture, it details therapeutic applications utilizing adapted physical activity for special needs. The material in the poster is based on research data underpinned by contemporary professional literature. It is also illustrated by explanatory visuals. The poster presents comprehensive integrative approach to treating postural disorders and sought to set down most of the basic information needed by physical therapists and movement instructors working with various cases of postural disorders. The poster is intended to raise awareness about a subject that has been shunted to the sidelines and to a certain extent snubbed by many professionals. Orthopaedists recognize the existence of posture, but except for cases requiring treatment entailing a brace or surgery, in many cases the attitude is one of general avoidance. Physical therapy treats posture with a modicum of respect but its daily routine encounters such a broad range of musculoskeletal problems that there is little time to deal with posture. The poster provides the thread that connects these domains.

#### Biography

Gill Solberg is a Clinical Kinesiologist since 1985. During his Graduate studies he specialized in Clinical Kinesiology and Postural Disorders. He is a diagnostician and head therapist in his private Physical Therapy clinic and is a leading lecturer at various academic colleges in Israel. His book "Postural disorders and musculoskeletal dysfunction: diagnosis prevention and treatment" was published by "Elsevier" and is now being an academic textbook, all over the world (3 languages). His last development in the field of movement therapy is a new functional anatomy software that is the first of its kind in the world.

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