



INTEGRATED EXERCISE PROGRAMING OF SHOULDER REHABILITATION AND CORE ACTIVATION IN OVERHEAD ATHLETES

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Currently not sufficiently studied sequential algorithm of movement activity on the injured upper extremity after immobilization, not studied physiological and pathophysiological response during rehabilitation.

Consecutive patients were recruited over a 3-year period. A total of 84 subjects with upper extremity elbow joint injuries were enrolled in the study and monitored during 2-weeks period. 48 patients from the control group underwent traditional rehabilitation procedures for a 2-weeks period after completion of immobilization. A total of 36 subjects were enrolled in the telerehabilitation group after completion of immobilization and were trained with a set of exercises. During the execution of home exercises, data from the sensors on the subject's smartphone were measured and transmitted to a server through a cellular Internet



Andriy Tsvyakh has completed his PhD at the age of 42 years from Ternopil Medical University and Doctor of Science degree at the age of 48 years from Ternopil Medical University. He is the chief of Traumatology and Orthopaedic department. He has published more than 55 papers in reputed journals. He is co-author of one book on traumatology for medical student. He was

1. The telerehabilitation system and dosed load algorithm can be used in complex rehabilitation of patients with injuries of the upper extremities. This will improve the quality of life in this group of patients and significantly reduce the cost of the rehabilitation period. These results provide preliminary evidence supporting the telerehabilitation model for orthopedic

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