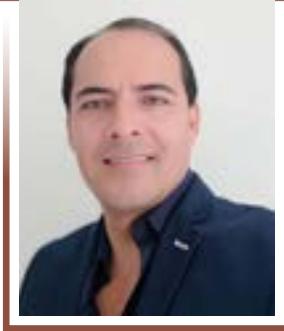


7th International Conference and Exhibition on
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Peruvian Association of Orthopedic Manual Physiotherapy, Peru

BIOGRAPHY

Aldo Alexander Silva Garcia from Peru is an orthopaedic manual physical therapist. He completed his graduation from National University Federico Villarreal and masters in orthopedic manual therapy, specialty of clinical neurodynamics and osteopathic techniques of the locomotor system. He is a functional instrument manipulation creator & HANDS PRO tools. He is also an instrumental handling certifier with HANDS PRO worldwide. Currently, he is a director of FISIOLIFE, physiotherapy center and FISOEDUCA. He has more than 15 years of experience as a university professor in National University Federico Villarreal, Cayetano Heredia University, University of Applied Sciences UPC and been awarded as best professor at the School of PT UPC and also a lecturer in manual therapy and currently in instrumental manipulation. He is a member of the Peruvian orthopedic physiotherapy society. He has been a renowned speaker in national and international conferences in the area of orthopedic manual therapy.

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ADVANTAGES OF HANDS PRO INSTRUMENTAL MANIPULATION IN SPORT

The prevalence of pain in the hands of the physiotherapist is increasing and occupies second place in the problems of the professionals (Cromie, 2000) and one of the joints that suffers the most is the thumb (Snodgrass, 2003), reaching problems of osteoarthritis (Rivett, 2002). HANDS PRO, a group of tools for instrumental manipulation in physiotherapy helps to control the prevalence of pain in the hands of the professional. First the joint load decreases due to the mechanical advantage with which it was designed, second only allows the work with large muscles and both hands and third its anatomical design for each part of the patient's body.

In sports physiotherapy, in manual work is greater, due to the condition of the muscle of the athlete. For this work HANDS PRO allows an excellent work of the professional without injuring his hands, he can do a deep work with less strength and work more time without fatigue.

HANDS PRO, was designed with mechanical engineer to give you the mechanical advantage and in material that suits the patient.

With the HANDS PRO tools, three soft tissue techniques were developed: MIP (Passive Instrumental Manipulation), MIF (Functional Instrumental Manipulation) and Manipulation of the Neural Interface. These techniques developed to diminish pain, improve range and mobilize the interface of the nerves.