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THE IMPORTANCE OF PROPIOCEPTIVE AND FUNCTIONAL WORK PRIOR TO SPORTS TRAINING

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The importance of speaking about the propioceptive and functional work in sports is for the preventive contribution that this program offers you against the sport gesture of your own sports. The objective is to prevent an injury and thus to improve the physical condition of the sportsman. Be a conventional athlete or a disability athlete in the two high performance cases. In this talk we will see the work by phases from stable surfaces as unstable surfaces from the static position to the dynamic. This lecture aims to show the potential of Ursodeoxycholic Acid (UDCA) as a promising therapeutic option for NAFLD. This is a 10-years systematic review of randomized controlled trials on the effects of Ursodeoxycholic Acid on Non-Alcoholic Fatty Liver Disease (NAFLD). Ursodeoxycholic Acid may yet prove to be a therapeutic option for Non-Alcoholic Fatty Liver Disease.

