

Physical activity during menstruation and its association with the use of menstrual cup: A cross sectional study

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Introduction: Though there are studies that talk about the various problems that women face in their reproductive age, menstrual hygiene products, and the scrutiny of each of them are not readily available, this study is undergone to understand the influence that menstrual cup has on the physical activity, Menstrual cup: It is flexible and bell-shaped product made of medical grade silicone rubber, it can be worn up to 6-12hours and reusable and eco-friendly. It is sustainable and cost-effective compared to tampons and other sanitary products. It should be sterilized adequately.

Objectives: To assess the physical activity during menstruation and its association with the use of menstrual cup.

Study Design: Observational Qualitative study

Participants: Women using menstrual cup, age group between 25-40yrs.

Study Setting: Collected data through online by providing physical activity Questionnaire (MPAQ) to the participants through google forms

Results: Study was conducted with 95 participants, in that 62% of women experienced moderate physical activity and addressed there is no difference compared to physical activity in non-menstrual days

Biography

Varalakshmi V was doing her MPT(CBR), 2nd year in St. Johns Medical College, Bangalore, India.

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Received date: 13 July 2022; **Accepted date:** 15 July 2022; **Published date:** 30 August 2022

ACL grafts compliance during time: Influence of early solicitations on the final stiffness of the graft after surgery

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The study design was to analyze with more accuracy the evolution of graft's stiffness during ligamentization time. We obtained the laxity and compliance measurements (in mm and $\mu\text{m}/\text{N}$), which we compared to the clinical instability after one year (after returning to pivot sports). Results were given in $\mu\text{m}/\text{N}$. Following the surgery (15 min after), nobody showed divergent curves at the beginning but 15% of the patients had divergent curves at 1 month after surgery (same surgery, same surgeon, same technique but not the same rehab after surgery). We noticed that patients who underwent a more aggressive rehab with higher constraints applied on the graft showed divergent curves (more compliance of the graft). However, if patients followed strict recommendations with less constraints applied on the graft, results after 1 Y were very good (parallel curves=good stiffness of the graft) with a high clinical stability. Nevertheless, it's only possible during the first 3 months to correct the compliance grafts (this is verified

with the follow-up of more than 1000 ACL patient files). This study has shown the influence of aggressive rehab and the influence of constraints applied outside rehab on the graft's compliance. In addition, it has a big role on the patient's knee instability following rehab. Also, the earlier you correct this, the more you decrease the risk of high instability in the future for patients. That's why we propose to do a compliance-metry test one month after surgery in order to allow a great follow-up of the ACL graft's compliance during one year: 1 M, 2 M, 3 M, 6 M and 1 Y post-op.

Biography

Nouveau S has completed his PhD in 1999 at British Osteopathic school. He's got a Physiotherapy State Diploma in 1988, osteopathic and medical studies in 90's – 2000. Several publications in ACL analysis with his colleague Dr Henri ROBERT.

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Received date: 23 June 2022; **Accepted date:** 25 June 2022; **Published date:** 30 August 2022

Work related musculoskeletal disorders among University teachers

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Background: Studies on work-related musculoskeletal disorders (WMSDs) among various occupational groups had been published in Nigeria. However, such surveys among university teachers who are saddled with lots of academic workloads amidst poor remunerations, criticism, propaganda and blames by the Nigerian government and citizens seem modest.

Purpose: The study was design to investigate the prevalence and pattern of work-related musculoskeletal disorders among university teachers.

Methods: This was a cross sectional survey that employed non-probability convenient sampling technique to enroll 118 eligible, willing and volunteer faculty members at the College of Health Sciences, Nnamdi Azikiwe University, Nigeria. The participants completed a self-administered Nordic Musculoskeletal questionnaire on WMSDs from which data were obtained; summarized and analyzed using descriptive and inferential statistics of Chi-square (X²) respectively. Alpha level was set at 0.05.

Results: The age range and mean age of the participants in years were 28-53 and 37.35±6.30 respectively, and those with age range of 28 - 37 years were in preponderance (53.4%). Females constituted 60.2% and married participants accounted for 79.9%. The prevalence of WMSDs among the participants was 74.6%, with a higher prevalence found among the female (78.9%) and married (85.1%) participants. The wrists/hands (89.7%) were mostly affected, followed by lower back (84.1%), shoulder (67.1%) and neck (64.8%). Age, marital status, educational level and years of working

experience were significantly associated ($p < 0.05$; p -value = 0.001 for each) with WMSDs.

Conclusion: A high prevalence of WMSDs existed among the participants, and the females had a higher prevalence of this disorder than their male counterparts. Although, substantial proportion of the participants reported to have undergone ergonomic training. The high prevalence of WMSDs seen in this study did not show that they really underwent such training; thus, it is imperative and behooves on physiotherapists to further train and retrain these staff on proper ergonomics at workplace.

Keyword: Nordic Musculoskeletal Questionnaire, Work-related Musculoskeletal Disorder, Academic Staff.

Biography

Stanley M Maduagwu is a Senior Lecturer in Physiotherapy at the Nnamdi Azikiwe University, Nigeria; and presently a volunteer Senior Lecturer in Physiotherapy at the Kampala International University, Uganda. He has a BSc degree in Physiotherapy, Msc in Orthopaedic and Sports Physiotherapy and PhD in Exercise Physiology; with additional Master degree in Health Planning and Management. He is well published with over 50 publications in national and international peer review journals. He reviews manuscript for handful of well recognized journals, serves as an editor and editorial member to couple of reputable international journals. His PhD proposal on HIV and Exercise won the Medical Education Partnership Initiative in Nigeria (MEPIN) Award (Number: R24T008878) funded by the Fogarty International Center and the National Institute of Health, the Health Resources and Services Administration (HRSA) and Office of the U.S. Global AIDS Coordinator.

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Received date: 11 July 2022; **Accepted date:** 13 July 2022; **Published date:** 30 August 2022

18th International Conference on Traditional Medicine and Acupuncture

9th Global Conference on Physiotherapy, Physical Rehabilitation and Sports Medicine

August 11, 2022 | Webinar

Confidence in performing ADL among SARS-CoV-2 survivors in community. An aftermath of the pandemic

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Introduction: Though the physical and functional aftermath of Covid has been reported as symptoms ranging from mild to severe, independent of the severity of SARS-CoV-2 infection, the long-term effects of Post-covid19 are still under wraps. Persistence of long-term Covid symptoms are likely to have an impact on the physical activity of survivors and lead to dependency in activities of daily living. Pro-longed dependency of the survivors for ADLs cause depression, anxiety, and decrease in confidence, which further lead to complication in long-term.

Objectives: To assess the physical activity in SARS-CoV-2 survivors using ABC-Scale Post-hospital discharge.

Study Design: Cross-sectional Observational study.

Study Setting: ST John's Medical college Bangalore, India.

Participants: Covid-19 positive individuals, age group between 18-58 yrs.

Methods: Patients were identified from St John's Covid inpatient wards, and data was collected through phone calls using ABC-Scale.

Results: Study was conducted with 86% participants 41% are at moderate-low physical level of functional activity.

Biography

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Received date: 23 July 2022; **Accepted date:** 25 July 2022; **Published date:** 30 August 2022