Conference “Move for health” programme

8:00-9:30 Registration, posters preparation.

9:30-9:45 – Conference opening

9:45-10:15 – “MOVE FOR HEALTH WITHOUT FORGETTING COMPLEXITY OF THE BODY” – prof. habil. dr. Alfonsas Vainoras, Lithuanian University of Health Sciences.

10:15-10:45 – “THE CURRENT KNOWLEDGE ON NUTRACEUTICALS APPLIED IN PATIENTS WITH KNEE PAIN” – Prof. Robin Christensen, The Parker Institute, Department of Rheumatology, Copenhagen University Hospital, Bispebjerg and Frederiksberg, Denmark.

10:45-11:15 – “THE EXPERIENCE WITH ROSEHIP POWDER FOR PATIENTS WITH KNEE OSTEOARTHRITIS, AND ITS COMPARISON WITH EXISTING PHARMACOLOGICAL INTERVENTIONS” – Prof. Robin Christensen, The Parker Institute, Department of Rheumatology, Copenhagen University Hospital, Bispebjerg and Frederiksberg, Denmark.

11:15-11:30 – Coffee/tea break

11:30-12:00 – “A NEW MOTOR LEARNING APPROACH AS A BRIDGE BETWEEN EASTERN AND WESTERN UNDERSTANDING OF HEALTH” – prof. dr. Wolfgang Schoellhorn, Johannes Gutenberg University of Mainz, Germany.

12:00-12:30 – “CARDIOVASCULAR AND CARDIORESPIRATORY COUPLING DURING GRADED EXERCISE. EFFECTS OF TRAINING AND DETRAINING” – dr. Natalia Balague Serre, University of Barcelona, Spain.

12:30-13:00 – “FUNCTIONAL AND EXERCISE TESTS IN ASSESSMENT PECULIARITIES OF FUNCTIONAL STATE OF ATHLETES/PATIENTS” – prof. habil. dr. Jonas Poderys, Lithuanian University of Health Sciences, Kaunas Lithuania.

13:00-13:30 – “CANTIENICA – METHOD FOR BODYFORM AND POSTURE” – Saulius V.Daunoras, PI “Motus Regularis”, Lithuania.

13:30-14:30 – lunch

14:30-14:40 – “INFLUENCE OF MULTIDISCIPLINARY REHABILITATION PROGRAM ON NEUROSPINAL FUNCTIONAL CONDITION AND PAIN INTENSITY” – **Tomas Aukstikalnis** (1), Svetlana Lenickiene (2), Aurelija Emilija Aukstikalnyte (3) – Physical Medicine and Rehabilitation center, Children‘s Hospital, Affiliate of Vilnius University Hospital Santariskiu Klinikos, Lithuania. (1), The department of Rehabilitation, Physical and Sports medicine, Lithuania. Rehabilitation, Physical and Sports Medicine Centre, Vilnius University Hospital Santariskiu Klinikos. (2), Vilnius University Faculty of Medicine (3), Vilnius Lithuania.

14:40-14:50 – “ANKLE JOINT MOBILITY IMPACT FOR ELDER PEOPLE BALANCE PERFORMANCE” – **Erika Bieciute,** Brigita Zachovajeviene – Lithuanian university of health sciences, Institute of sports, Kaunas Lithuania.

14:50-15:00 – “THE IMPROVING EFFECT OF POSTURE T-SHIRT ON PERSONS WHO DO SEDENTARY WORK” – **Sandra Kairyte**, Vidmantas Zaveckas – Lithuanian University of Health Sciences, Institute of Sports, Kaunas Lithuania.

15:00-15:10 – “IMPACT OF OCCUPATIONAL THERAPY AND ART THERAPY TO THE PATIENTS AFTER STROKE FOR SELF-SERVICE AND EMOTIONAL STATE IMPROVEMENT” – **Ksenija Kolesnikova,** Jolita Rapoliene – Lithuanian university of Health Sciences, Department of Rehabilitation, Kaunas Lithuania.

15:10-15:20 – “EFFECTS OF CORE STABILITY EXERCISES ON MULTIFIDUS MUSCLES IN HEALTHY WOMEN AND WOMEN WITH CHRONIC LOW-BACK PAIN” – **Saule Sipaviciene (1),** Irina Kliziene (2), Sarunas Klizas (3), Daiva Imbrasiene (1) – Department of Education Science, Kaunas University of Technology, Kaunas, Lithuania (1), Department of Applied Physiology and Physiotherapy Lithuanian Sports University, Kaunas, Lithuania (2), Department of Health, Physical and Social Education, Lithuanian Sports University, Kaunas, Lithuania (3).

15:20-15:30 – “THE EFFECT OF HORSEBACK RIDING ON SYMMETRY OF MECHANICAL PROPERTIES OF MUSCLES OF BEGINNER AND ADVANCED RIDERS WITH CEREBRAL PALSY” – **Laura Straubergaite** – Siauliai State College, Lithuanian Sports University, Siauliai Kaunas Lithuania.

15:30-15:40 – “EFFECTIVENESS OF DIFFERENT REHABILITATION MEASURES FOR 13-18 YEARS OLD ADOLESCENTS WITH LOW BACK PAIN” – **Lina Varniene** (1) (3)**,** Jovita Urbontaityte (2), Ieva Egle Jamontaite (2) (3), Inga Muntianaite (3), Alma Cirtautas (2) – Vilnius university; Children‘s Hospital, Affiliate of Vilnius University Hospital Santariskiu Klinikos (1), Vilnius University; Vilnius university Hospital Santariskiu Klinikos (2), Vilnius University (3), Vilnius Lithuania.

15:40-15:50 – “EFFECTIVENESS OF PHYSIOTHERAPY FOR BALANCE AND WALKING DISTANCE USING GAIT TRAINER” – **Raimundas Venskaitis** (1) (2), Ieva Egle Jamontaite (1) (2), Kristina Gibaviciute (2), Alvydas Juocevicius (1), Giedre Adomaviciute (3) – The department of Rehabilitation, Physical and Sports Medicine, Faculty of Medicine, Vilnius University, Lithuania (1), Rehabilitation, Physical and Sports medicine centre, Vilnius University hospital Santariskiu klinikos (2), The department of Rehabilitation, Physical and Sports Medicine, Faculty of Medicine, Vilnius University, Lithuania (1), Faculty of Medicine, Vilnius University, Lithuania (3), Vilnius Lithuania.

15:50-16:20 – 1-12 posters from the list below

16:20-16:30 – “THE ELECTRICAL ACTIVITY OF DEEP AND SUPERFICIAL TRUNK MUSCLES OF YOUNG INDIVIDUALS DURING HORSE-BACK RIDING AND NATURAL LOCOMOTION” – **Ruta Cicenaite**, Agneta Sepetkaite, Vidmantas Zaveckas, Alge Daunoraviciene – Lithuanian University of Health Sciences, Institute of Sports, Kaunas Lithuania.

16:30-16:40 – “RELATIONSHIP BETWEEN NECK AND BACK PAIN, PHYSICAL ACTIVITY AND HANDGRIP STRENGHT IN SEDENTARY JOB EMPLOYESS” – **Vilma Dudoniene (1),** Aurelija Sidlauskiene (2), Lina Varniene (2), Auguste Ziupsniene (1) – Lithuanian Sports University (LSU) (1), Vilnius University (2), Kaunas, Vilnius Lithuania.

16:40-16:50 – “IS MY PHYSICAL ACTIVITY LEVEL RELATED TO MY BEST CLASSMATE’S PHYSICAL ACTIVITY? A PILOT STUDY IN LITHUANIAN AND NORWEGIAN HIGH SCHOOLS” – **Vita Karvelyte,** Rita Gruodyte-Raciene – Lithuanian Sports University, Kaunas Lithuania.

16:50-17:00 – “THE FEMALE STUDENTS OF LITHUANIAN UNIVERSITY OF HEALTH SCIENCES CONNECTION BETWEEN THE PHYSICAL ACTIVITY, BODY IMAGE AND COMPOSITION” – **Ginvile Petrulyte**, Alge Daunoraviciene – Lithuanian University of Health Sciences, Institute of Sports, Kaunas Lithuania.

17:00-17:10 – “MOTOR SKILLS ASSESSMENT OF PRESCHOOL-AGE GIRLS WITH VISUAL IMPAIRMENTS” – **Ieva Simanauskaite**, Ernesta Sendzikaite – Lithuanian University of Health Sciences, Institute of Sports, Kaunas Lithuania.

17:10-17:40 – 13-24 posters from the list below

17:40-17:50 – “THE CORRELATION OF STATIC AND DYNAMIC PARAMETERS IN YOUNG MALE SOCCER PLAYERS” – **Kristina Janaviciute**, Gintare Baskeviciute, Rimante Starapolskyte, Ernesta Sendzikaite, Deivydas Velicka – Lithuanian University of Health Scieces, Institute of Sports, Kaunas Lithuania.

17:50-18:00 – “FEMORAL INTERCONDYLAR NOTCH WIDTH AND HEIGHT DIFFERENCES IN PATIENTS, SUFFERED ANTERIOR CRUCIATE LIGAMENT TEAR” – **Rokas Jurkonis**, Rimtautas Gudas, Laimonas Siupsinskas – Lithuanian university of health sciences, Institute of Sports, Kaunas Lithuania.

18:00-18:10 – “FUNCTIONAL EVALUATION OF SHOULDER MUSCLES OF YOUNG 12-14 YEARS OLD ATHLETES PARTICIPATING IN DIFFERENT SPORTS” – **Egle Kisieliute** – Lithuanian University of Health Sciences, Kaunas Lithuania.

18:10-18:20 – “FUNCTIONAL ANKLE INSTABILITY OF BASKETBALL, VOLLEYBALL AND FOOTBALL PLAYERS” – **Agne Pociute**, Laimonas Siupsinskas – Lithuanian University of Health Sciences, Institute of Sports, Kaunas Lithuania.

18:20-18:30 – “ASSESSMENT OF FUNCTIONAL MOVEMENTS, HEALTH STATUS AND FATIGUE OF LITHUANIAN WOMEN’S BASKETBALL LEAGUE TEAMS AND IT DEPENDENCE FROM THE LEVEL EXCELLENCE” – **Saule Salatkaite,** Toma Garbenyte-Apolinskiene, Laimonas Siupsinskas, Rimtautas Gudas – Lithuanian University of Health Sciences, Institute of Sports, Kaunas Lithuania.

18:30-19:00 – discussion

Posters:

1. “A COMPARATIVE STUDY BETWEEN ULTRASOUND AND TENS VERSUS ULTRASOUND AND LASER IN ANTERIOR TALOFIBULAR LIGAMENT INJURED PATIENTS” – **Nasr Alkali** – Tripoli University for Medical Sciences, Faculty of Medical Technology, Physiotherapy Department, Libya, Ukraine.

2. “EFFECTIVENESS OF DIFFERENT METHODS OF REHABILITATION FOR CHILDREN WITH NON-SPECIFIC BACK PAIN” – **Tomas Aukstikalnis** (1), Emilija Sinkuniene (2), Lina Varniene (1)(2), Daiva Satkute (1) – Physical Medicine and Rehabilitation center, Children‘s Hospital, Affiliate of Vilnius University Hospital Santariskiu Klinikos, Lithuania (1), The department of Rehabilitation, Physical and Sports medicine, Faculty of Medicine, Vilnius University, Lithuania (2).

3. “DIFFERENCE OF QUALITY OF LIFE BETWEEN STUDENTS WHO ARE INFLUENCED BY PHYSICAL ACTIVITY” – **Justina Barzdaite** (1), Rasa Baceviciene (2) – Lithuanian University of Health Sciences (1), Panevezys college (2).

4. “FUNCTIONAL MOVEMENTS INTERFACES WITH TRUNK MUSCLES ENDURANCE” – **Tomas Ciuzelis**, Margarita Radziuniene, Kestutis Radziunas – Lithuanian University of Health Sciences, Institute of Sports.

5. “THE RELATIONSHIP BETWEEN KNEE JOINT OSTEOARTHRITIS AND CHANGES OF KNEE JOINT PROPRIOCEPTION” – **Evelina Gervinskaite**, Brigita Zachovajeviene – Lithuanian university of Health, Institute of Sports.

6. “LINK BETWEEN PATELLOFEMORAL PAIN AND FOOT PRONATION” – **Simonas Griskevicius** (1), Renata Zumbakyte-Sermuksniene (1) (2) – Lithuanian university of health sciences, Institute of Sports (1), Kaunas region sports medicine center (2).

7. “CAN SCHOOLCHILDREN’S FOOT POSTURE PECULIARITIES BE THE RISK FACTOR FOR LOWER EXTREMITIES INJURIES?” – **Arianda Kisieliute**, Gabriele Viliokaityte, Vilma Mauriciene – Lithuanian University of Health Sciences, Institute of Sports.

8. “ASSESSMENT OF REHABILITATION TEAM WORKING CONDITIONS” – **Gabriele Seputyte** (1), Joana Krisciokaityte (1), Raimondas Savickas (1), Terese Griteniene (2) – Lithuanian University of Health Sciences, Department of Rehabilitation (1), Vilniaus University Health and Sport center (2).

9. “QUALITY OF LIFE MEASUREMENTS USING SPECIFIC QUESTIONNAIRES IN WOMEN WITH OSTEPOROSIS” – **Ema Lasinyte**, Vilma Mauriciene – Lithuanian University of Health Sciences, Institute of Sports.

10. “FACTORS DETERMINING THE CHANGES OF FUNCTIONAL STATUS FOR PATIENTS AFTER CARDIAC SURGERY, IN THE FIRST PHASE OF REHABILITATION” – **Renata Liatukaite**, Lina Leimoniene, Ilona Rimkiene – Lithuanian university of health sciences, Department of Rehabilitation.

11. “FACTORS ASSOCIATED WITH PAIN INTENSITY AND FUNCTIONAL STATE IN PATIENTS AFTER TOTAL KNEE REPLACEMENT SURGERY DURING THE SECOND STAGE OF REHABILITATION” – **Toma Petkute**, Egle Lendraitiene – Lithuanian University of Health Sciences, Department of Rehabilitation.

12. “BODY IMAGE AND BODY DISSATISFATION BEHAVIOURS AMONG WOMEN” – **Ginvile Petrulyte**, Alge Daunoraviciene – Lithuanian University of Health Sciences, Institute of Sports.

13. “ATTITUDES, KNOWLEDGE, BEHAVIOUR AND BARRIERS RELATED TO EVIDENCE-BASED PRACTICE IN PHYSIOTHERAPY” – **Ieva Piezaite,** Egle Lendraitiene – Lithuanian University of health sciences, Department of Rehabilitation.

14. “THE EFFECTS OF PILATES EXERCISES ON TRUNK MUSCLES, BALANCE, CARDIOVASCULAR SYSTEM AND QUALITY OF LIFE” – **Giedre Praskeviciute**, Ingrida Lileikyte, Margarita Radziuniene – Lithuanian University of Health Sciences, Institute of Sports.

15. “YOUNG PEOPLE PROPRIOCEPTION SPECIFICITY” – **Kestutis Radziunas**, Margarita Radziuniene, Jonas Poderys – Lithuanian university of Health Sciences, Institute of Sports.

16. “SIX-SEVEN YEARS OLD CHILDREN MOTOR CONTROL SPECIFICITY AND CHANGES AFTER PHYSICAL THERAPY” – **Margarita Radziuniene**, Alfonsas Vainoras – Lithuanian university of Health Sciences, Institute of Sports.

17. “ANALYSIS OF EVALUATION METHODS OF REHABILITATION EFFECT AFTER ARTHROSCOPIC SURGERY OF ANTERIOR CRUCIATE LIGAMENT” – **Tautvydas Radzius**, Vilma Mauriciene – Lithuanian University of Health Sciences, Institute of Sports.

18. “THE ELECTRICAL ACTIVITY OF DEEP AND SUPERFICIAL MUSCLES IN TRUNK OF YOUNG INDIVIDUALS DURING BALANCING EXERCISES ON UNSTABLE SURFACES” – **Agneta Sepetkaite**, Ruta Cicenaite, Vidmantas Zaveckas, Alge Daunoraviciene – Lithuania University of Health Sciences, Institute of Sports.

19. “INFANT MOTOR SKILLS CHANGES AFTER PHYSICAL THERAPY AT DIFFERENT AGES” – **Vitalija Sirvaityte** (1), Margarita Radziuniene (1), Kristina Berskiene (1) – Lithuanian University of Health Sciences, Institute of Sport (1).

20. “THE EFFECT OF PHYSICAL THERAPY ON BALANCE IN STROKE PATIENTS” – **Agne Tamosauskaite**, Egle Lendraitiene – Lithuanian University of Health sciences, Department of Rehabilitation.

21. “POSTURE ASSESSMENT CHANGE TO YOUNG PEOPLE WHO ATTEND PILATES EXERCISES” – **Monika Tumaite** (1), Ernesta Sendzikaite (1), Kristina Zaicenkoviene (2) – Lithuanian University of Health Sciences, Institute of Sports (1), Lithuanian Sports University (2).

22. “EXPERIMENTAL STUDY OF EVALUATION OF ARTICULAR CARTILAGE CHONDROCYTE VIABILITY IN VITRO” – **Tomas Mickevicius** (1), Arvydas Usas (2), Alius Pockevicius (3), Sergej Sosunkevic (4), Rimtautas Gudas (1) – Departament of Orthopaedics and Traumatology, Hospital of Lithuanian University of Health Sciences Kaunas Clinics (1), Institute of Physiology and Pharmacology, Lithuanian University of Health Sciences (2), Department of Pathology, Academy of Veterinary, Lithuanian University of Health Sciences (3), Institute of Anatomy, Lithuanian University of Health Sciences (4).

23. “THE BALNEOTHERAPY WITH GEOTHERMAL WATER LINKS WITH HUMAN HEALTH IN RANDOMIZED CONTROLLED CLINICAK TRIAL” – **Lolita Rapoliene** (1) (3), Arturas Razbadauskas (2) (3), Geriuldas Ziliukas (2) (3), Arvydas Martinkenas (3) – Seamen Health Care center, Klaipeda (1), Seamen Hospital, Klaipeda (2), Klaipeda University (3).

24. “DIAGNOSTIC AND TREATMENT METHODS FOR MYOFASCIAL TRIGGER POINTS OF THE UPPER TRAPEZIUS MUSCLE” – **Sarunas Zube**, Gintare Useckiene – Lithuanian University of Health Sciences, Department of Rehabilitation.