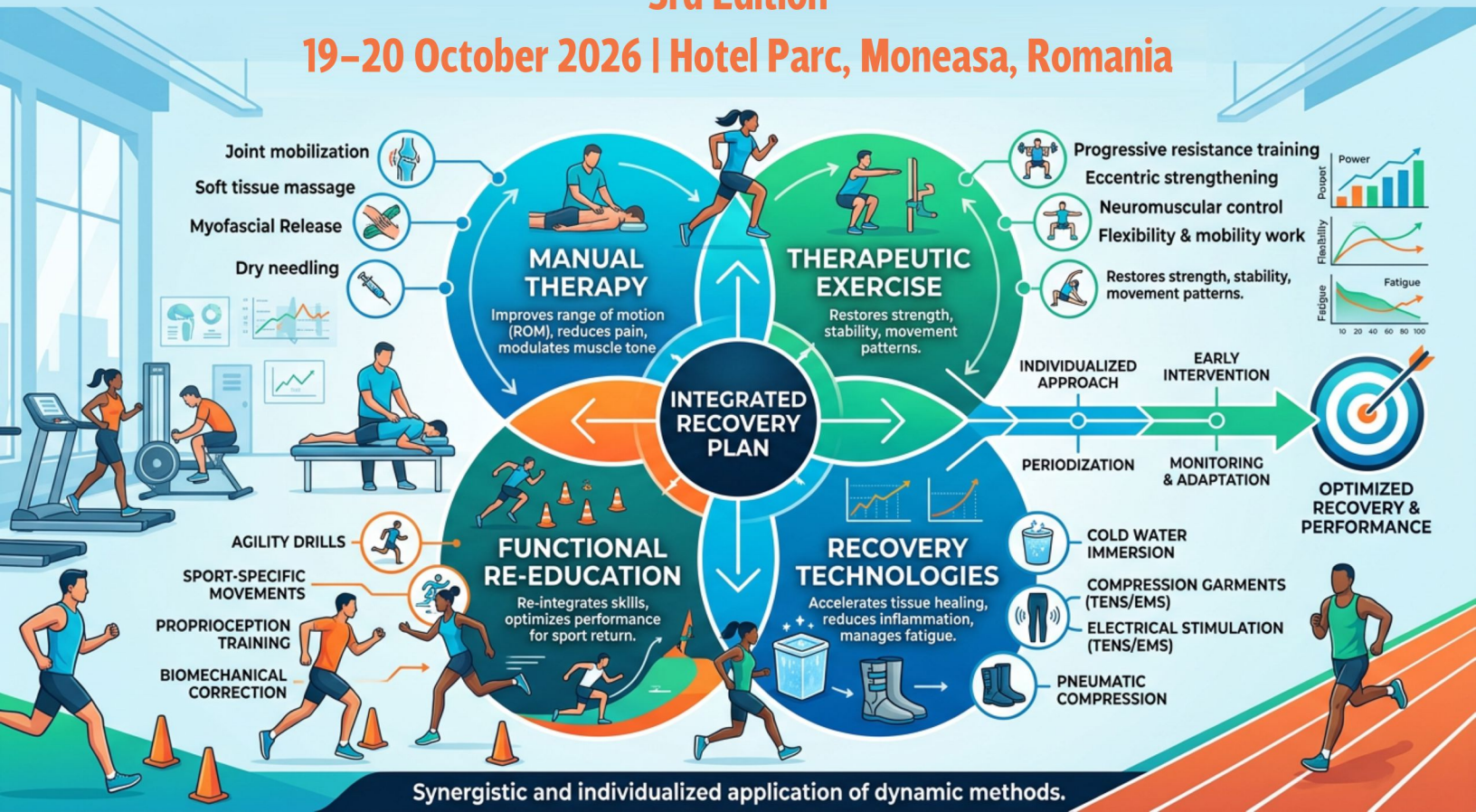
Conference coordinators
Gyongyi Osser · Csongor Toth

BOOK OF ABSTRACTS

INTERPLAY OF KINESIOTHERAPY METHODS FOR OPTIMIZING THE RECOVERY OF ELITE ATHLETES

3rd Edition
19–20 October 2026 | Hotel Parc, Moneasa, Romania



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Facultatea de Educație Fizică și Sport

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Foreword

This third edition brings together a diverse collection of scientific contributions addressing key developments, emerging perspectives, and contemporary practices in the fields of kinesiotherapy, functional recovery, neurological rehabilitation, physical modalities, and comprehensive patient care. Building upon the experience and achievements of previous editions, the volume reflects a continued commitment to promoting scientific knowledge, interdisciplinary collaboration, and the integration of evidence-based approaches into clinical practice.

The conference provides an academic platform for the exchange of ideas, research findings, and practical experiences among healthcare professionals, researchers, academic staff, and students interested in rehabilitation sciences. The scientific programme features presentations delivered by invited speakers, who share their expertise and perspectives on current challenges, innovative therapeutic strategies, and advances in rehabilitation. These contributions are complemented by student presentations and clinical case studies, highlighting the importance of critical thinking, clinical reasoning, and the practical application of theoretical knowledge in the assessment, treatment, and functional recovery of patients.

Particular attention is given to the evolving role of kinesiotherapy and rehabilitation interventions in improving functional independence, restoring mobility, enhancing quality of life, and supporting patient-centred care. The topics addressed throughout the conference emphasize the value of individualized therapeutic programmes, multidisciplinary cooperation, and the appropriate integration of physical modalities and modern rehabilitation techniques into clinical management. Neurological rehabilitation is also represented as an important area of interest, reflecting the complexity of functional impairments and the need for comprehensive, adaptable, and evidence-informed therapeutic approaches.

By bringing together contributions from different areas of rehabilitation and related health sciences, this edition encourages dialogue between established professionals and the next generation of practitioners. It also recognizes the importance of academic research, professional development, and the dissemination of clinical experience in advancing rehabilitation practice and improving patient outcomes.

This volume is intended to serve as an accessible and organized record of the abstracts accepted for presentation at the conference, offering readers an overview of the scientific themes, clinical perspectives, and educational contributions included in the programme. Beyond its documentary purpose, the collection aims to stimulate further scientific inquiry, encourage the exchange of professional knowledge, and support the ongoing development of rehabilitation sciences through research, education, and clinical practice.

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Session I — Opening and Scientific Presentations (19 October 2026)

Session II — Modern Approaches in Kinesiotherapy and Functional Rehabilitation (20 October 2026)

Impact of combining kinesiotherapy and TECAR therapy on functional recovery in injuries of elite athletes

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Abstract

The aim of this study is to demonstrate the importance of a combined approach—utilizing kinesiotherapy and TECAR therapy (Transfer of Energy Capacitive and Resistive) (specifically INDIBA® Activ)—in the rehabilitation of Elite Athletes suffering from frequent musculoskeletal injuries and conditions. This approach employs protocols tailored to the Athletes' clinical status and specific stage of rehabilitation, with a particular focus on its impact on pain reduction, improvement of functional capacity, increased range of motion, and the acceleration of the recovery process in Elite Athletes with frequent musculoskeletal injuries and conditions. Modern physical therapy plays a key role in the treatment and rehabilitation of Elite Athletes with common injuries and diseases of the musculoskeletal system. The primary objectives of the rehabilitation process include reducing pain and inflammation, improving mobility, restoring muscle strength and stability, and regaining normal functional capacity, quality of life, and high-level Athletic performance. To achieve these goals, various physiotherapy methods are applied, with increasing attention being paid to the combined approach, which allows for the synergistic effect of multiple therapeutic interventions. Kinesiotherapy is one of the basic components of the rehabilitation of Elite Athletes with frequent injuries and diseases of the musculoskeletal system. Individually planned therapeutic exercises allow for improved joint mobility, increased muscle strength and endurance, improved neuromuscular control, coordination and proprioception, as well as a gradual return to functional abilities. The effectiveness of kinesiotherapy has been confirmed in numerous clinical studies and is the basis of modern rehabilitation protocols for various injuries in Elite Athletes. In recent years, the application of TECAR therapy as an additional modality in physical therapy has attracted significant attention. This technology uses high-frequency electromagnetic energy to stimulate natural healing processes,

improve local microcirculation, reduce pain and inflammation, and accelerate soft tissue regeneration. Among the most widely used systems for TECAR therapy is INDIBA® Activ, which operates at a fixed radio frequency of 448 kHz and allows the application of capacitive (CAP) and resistive (RES) modes, depending on the target tissues and therapeutic goals. Combining this technology with individually planned kinesiotherapy represents a modern rehabilitation approach aimed at optimizing functional recovery in Elite Athletes with frequent injuries and diseases of the musculoskeletal system.

Conclusion: In modern rehabilitation practice, the need for a multimodal approach is increasingly emphasized, in which active therapy through exercises is combined with physical agents that facilitate the recovery process. This approach can contribute to faster symptom reduction, improved functional outcome, and shorter rehabilitation time in Elite Athletes after surgical procedures, with frequent injuries and diseases of the musculoskeletal system.

Keywords: Combining kinesiotherapy, TECAR therapy, Functional Recovery, Injuries, Elite Athletes.

Palliative care – the end of life? Can kinesiotherapy be a solution in neurovegetative disorders?

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Abstract

According to the World Health Organization, palliative care is an approach that improves the quality of life of patients – adults and children – and their families facing life-threatening illness, through the prevention and relief of physical, psychosocial and spiritual suffering. The presentation clarifies that palliative care is not synonymous with the last days of life, does not mean abandoning the patient and is not limited to oncology patients; it can be integrated early, alongside disease-directed treatment. The conditions that may require palliative care are reviewed (oncological, cardiovascular, respiratory, renal, hepatic, neurological, neuromuscular and paediatric), with a focus on neurodegenerative and neuromuscular diseases. The role of the kinesiotherapist in the interdisciplinary team is described along three lines: assessment (pain, mobility, transfers, posture, fatigue, fall risk), adaptation of the intervention to the patient's tolerance and preferences and coordination with the team and the family. Goals change as the disease progresses: from mobility, balance and autonomy in early stages, to fall prevention and energy conservation, then to comfort, positioning and caregiver training, and in the last days to short interventions delivered only if wanted and tolerated. Applied examples are presented for Parkinson's disease, post-stroke syndrome, amyotrophic lateral sclerosis, multiple sclerosis and dementia as well as for children with neurodegenerative disease, together with criteria for stopping an intervention and principles of empathetic communication. The paper concludes that palliative kinesiotherapy means "function when possible, comfort always", and that in advanced disease comfort and dignity may become central clinical outcomes.

Keywords: palliative care, kinesiotherapy, neurodegenerative diseases, quality of life, interdisciplinary team

What do we do with fear in medical rehabilitation?

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Abstract

Physical rehabilitation is not only about restoring mobility and physical function but also about rebuilding confidence in one's own body. Following an injury, medical procedure, or painful experience, fear of movement can become a significant psychological barrier, influencing behavior, emotional responses, and overall participation in the recovery process. Fear is a natural protective response to perceived danger. However, when it leads to persistent avoidance of movement, it can create a cycle in which temporary emotional relief reinforces uncertainty and reduces confidence in physical abilities. Understanding this relationship between fear, avoidance, and recovery is essential for supporting both physical and emotional well-being. Empathetic communication, emotional validation, and gradual exposure to safe, medically appropriate movements play an important role in restoring confidence. Recognizing individual fears, providing clear explanations, and encouraging small, achievable steps can help individuals regain a sense of control and security throughout rehabilitation. Effective recovery requires a holistic approach that addresses both physical limitations and psychological barriers. Rather than dismissing or suppressing fear, the goal is to acknowledge, understand, and manage it within a supportive and safe environment. Ultimately, rehabilitation is not simply about helping the body move again; it is also about helping individuals rediscover trust in their own abilities, overcome uncertainty, and approach movement with renewed confidence.

Keywords: physical rehabilitation, fear of movement, kinesiophobia, psychological barriers, avoidance behavior, emotional support, self-confidence, recovery.

From tetraparesis to functional independence: the role of kinesiotherapy in neurological rehabilitation

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Abstract

The paper presents the case of a 30-year-old female patient diagnosed with an intradural extramedullary cervical tumour at the C1 level, discovered incidentally and showing growth between the 2017 and 2019 MRI examinations. In November 2019 a posterior approach with laminectomy of the posterior arch of C1 and complete macroscopic removal of the tumour were performed, with 14 days of hospitalisation and improved status at discharge. The functional diagnosis included tetraparesis with mild diparesis and ataxic paraparesis, with cerebellar syndrome in remission. Rehabilitation goals targeted reducing the impact of spasticity and stiffness, regaining strength, motor control and coordination, recovering balance and safe ambulation, and increasing autonomy and social participation, including the patient's personal goal of returning to sport. The intervention was based on the principles of the Bobath concept (movement analysis in functional tasks, postural control, facilitation through manual guidance) and on proprioceptive neuromuscular facilitation, progressing from control in stable positions to transfers, standing, weight shifting, gait, balance and coordination, with gradual reduction of assistance. Progress was documented through medical records, video material and a patient interview; the author notes as a limitation the absence of serial functional scores and of complete details on therapy dosage. The case shows that functional assessment turns a diagnosis into working goals, and that consistency and personal goals support engagement in rehabilitation, from hospital to the resumption of sporting activity.

Keywords: tetraparesis, neurological rehabilitation, Bobath concept, PNF, functional independence

Integrating balneotherapy and modern rehabilitation medicine: the therapeutic potential of Băile Felix thermal mineral waters

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Abstract

Background: Balneotherapy represents an important component of physical and rehabilitation medicine, combining the therapeutic properties of natural mineral waters with individualized rehabilitation interventions. Băile Felix, one of Romania's well-known balneoclimatic resorts, is recognized for its thermal mineral waters and their use in the management of musculoskeletal and rheumatic conditions. Integrating balneotherapy with modern rehabilitation techniques may contribute to pain management, improved mobility, and enhanced functional independence. Objective: To highlight the therapeutic role of thermal mineral waters in Băile Felix and the importance of integrating balneotherapy with physical rehabilitation programs in the management of musculoskeletal, degenerative, and chronic rheumatic conditions. Materials and Methods: The therapeutic approach involves individualized medical assessment and the integration of balneotherapy, hydrotherapy, aquatic therapeutic exercises, kinesiotherapy, and selected physical therapy modalities. Rehabilitation programs may include therapeutic bathing in thermal mineral waters, joint mobilization exercises, muscle strengthening, postural re-education, and functional training. Therapeutic interventions are adapted according to patients' diagnoses, functional limitations, associated medical conditions, and individual tolerance. Particular emphasis is placed on multidisciplinary management and the appropriate selection of balneological procedures. Results: The integration of balneotherapy with structured rehabilitation programs may contribute to pain reduction, improved joint mobility, decreased muscular tension, and enhanced functional capacity. The thermal and mechanical properties of water can facilitate therapeutic movement, particularly in patients experiencing pain, stiffness, or reduced weight-bearing tolerance. Individualized rehabilitation interventions may also support physical independence, participation in daily activities, and overall quality of life. Conclusions: Balneotherapy represents a valuable complementary intervention in physical and rehabilitation medicine, particularly when integrated into individualized,

evidence-informed therapeutic programs. The natural thermal mineral resources of Băile Felix provide opportunities for combining traditional balneological treatments with modern rehabilitation techniques. Appropriate patient selection, specialized medical supervision, and multidisciplinary collaboration are essential for optimizing therapeutic benefits, supporting functional recovery, and improving patients' quality of life.

Keywords: Balneotherapy, Băile Felix, Thermal Mineral Waters, Physical and Rehabilitation Medicine, Kinesiotherapy, Hydrotherapy, Functional Rehabilitation, Quality of Life.

Medical rehabilitation at Hotel Codru Moma: therapeutic procedures and conditions treated

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Abstract

Medical rehabilitation is a complex process that involves integrating individualized therapeutic interventions, modern technologies, and natural therapeutic resources to improve patients' functional abilities and quality of life. This paper presents the infrastructure, services, and integrated therapeutic approach provided at Hotel Codru Moma, located in the Moneasa resort, Romania. It highlights the role of a modern rehabilitation facility in managing musculoskeletal, orthopedic, post-traumatic, rheumatic, and peripheral neurological conditions. The main rehabilitation methods described include individualized physiotherapy and therapeutic exercise, aquatic rehabilitation, electrotherapy, TECAR therapy, laser therapy, therapeutic ultrasound, manual therapy, lymphatic drainage, and pressotherapy. Particular attention is given to the use of mesothermal water, the integration of balneotherapy and physical rehabilitation procedures, and the adaptation of rehabilitation programs to each patient's functional needs.A multidisciplinary approach, specialized assessment, and personalized therapeutic interventions are central components of the rehabilitation process. Furthermore, opportunities for integrating medical rehabilitation services with sports activities, athletic training camps, and physical conditioning programs are explored, alongside perspectives for academic collaboration, clinical training, and continuing professional development.

In conclusion, the integrated medical rehabilitation model presented highlights the importance of combining natural balneoclimatic resources with modern therapeutic technologies, multidisciplinary expertise, and individualized rehabilitation programs to support functional recovery and improve patients' quality of life.

Keywords: medical rehabilitation, balneotherapy, physiotherapy, aquatic rehabilitation, mesothermal water, functional recovery, multidisciplinary therapy, Moneasa.

SESSION I — 19 OCTOBER 2026

Physical and kinesiotherapy procedures in the treatment of osteoarthritis

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Abstract

Background: Osteoarthritis is a chronic degenerative joint disease characterized by progressive cartilage deterioration, pain, joint stiffness, reduced mobility, and functional limitations. It is one of the most common musculoskeletal disorders, significantly affecting patients' quality of life. Physical therapy and kinesiotherapy play an essential role in the conservative management of osteoarthritis by reducing symptoms, improving joint function, and maintaining independence in daily activities. Objective: This paper aims to highlight the importance and effectiveness of physical therapy and kinesiotherapy procedures in the treatment of osteoarthritis, focusing on pain reduction, improvement of joint mobility, muscle strengthening, and functional rehabilitation. Methods: The therapeutic approach includes various physical therapy procedures, such as thermotherapy, cryotherapy, electrotherapy, ultrasound therapy, and hydrotherapy, combined with individualized kinesiotherapy programs. Therapeutic exercises involve active and passive mobilization, stretching, muscle strengthening, balance training, and functional exercises adapted to the patient's clinical condition and functional capacity. Results: Evidence suggests that structured therapeutic exercise programs can significantly reduce pain, improve joint mobility, increase muscle strength, and enhance physical function in patients with osteoarthritis. Certain physical therapy modalities may provide additional short-term symptomatic relief, although their effectiveness varies and the evidence supporting some procedures remains limited. Combining appropriate physical modalities with individualized exercise programs may support rehabilitation outcomes and improve patients' quality of life. Conclusions: Physical therapy and kinesiotherapy are important components of the non-pharmacological management of osteoarthritis. Individualized rehabilitation programs, particularly those emphasizing regular therapeutic exercise, contribute to pain management, improved functional capacity, and long-