CORONARY EXERCISES AND THEIR EFFECT ON THE SENSORY RECEPTORS AFTER THE REMOVAL OF THE FRONT CRUCIATE LIGAMENT OF THE FOOTBALL PLAYERS

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ABSTRACT:

The goal of the research is to develop rehabilitation exercises and knowledge of its impact in the balance and rehabilitation of the injured to normal position before injury and not return the injury again. Where the researcher used Tamarinat balance in the third week after surgery and the transition from easy to difficult in all stages of rehabilitation of the cruciate ligament front and the goal of the research is to improve the receivers of deep sense through exercises and physical therapy. The problem of research is not to use balancing exercises and distribution The weight of the body on the affected party only after several weeks and this affects the rehabilitation of rehabilitation in terms of transition from stage to stage because of the tendency of the injured on the right side only. The researcher used the experimental method, and the research community represented the injured cut the cruciate ligament front of football players from the clubs of the province of Dhi Qar in Iraq and the number of (10) was implemented within 6 months The researcher concluded that the use of balance exercises in the third week after the surgery is effective In alerting and arousing the receivers of the deep sense, the researcher recommends the use of balance exercises in the third week after surgery.

INTRODUCTION

The rehabilitation of the frontal cruciate ligament of football players is one of the most important problems faced by players and physiotherapists and rehabilitation in terms of exercises used for each stage of rehabilitation and what kind of exercise and the nature of implementation and correct performance of certain angles during the work of the exercise was the goal and the idea of the researcher when he uses exercise alert And provoking the reception of deep sense in the rehabilitation program that the problem of research is not to use balancing exercises and the distribution of the body weight on the injured party after several weeks and this affects the re-qualification in terms of non-transition stage Li stage due to the presence of infected tendency on the proper side only and the absence of stimulation and stimulation of sensory receptors.

MATERIALS AND METHODS:

Research Methodology:

The researcher used the experimental method to suit the nature of the research.

Search community and sample:

The researcher, through follow-up to all clubs in the province of Dhi Qar and the centers of private clinics of surgeons to scan the number of patients with the knee joint in the frontal cruciate ligament where the researcher

chose the sample of the research by the intentional way, a sample of people who cut the cruciate ligament in front of the knee joint and players clubs in the province of Dhi Qarotarh (20_30) years, knowing that the sample of the practitioners of football games and one experimental group of tribal and remote measurement and the number (13) was excluded from them (3) because of a second injury to them

Conditions for selecting the research sample:

The injury is determined by the specialist doctor so that the injury of cutting the cruciate ligament full front of football players.

Sex: Men

The age range is 20-30 years

Have the desire to volunteer in the application and conduct research on them

Not subject to other qualifying programs

No other injury.

Means of gathering information, tools and devices used in research:

Compex electrical stimulation device manufactured by US

The dainfoat is made in French

Rubber cords

The Lebanese Club Swimming Pool in Dhi Qar

Medical balance

Walk-in device

Bags of ice

Small stairs in the swimming pool

Stop Watch

Balance balls

Information gathering methods:

Sources and references

Personal interviews

Test and direct measurement

International information network

Data entry and registration form

Form of experts and specialists in the fields of sports, physiology, orthopedics, fractures, joints, physiotherapy, sports training, tests and measurements.

Field research procedures:

Test Name: Stand on the affected leg

Objective of the test: To know the viability of the number of motor units of the affected leg

Tools used: Stopwatch, whistle

Method of performance: Standing on the affected leg with the lifting of the right man up and the inclusion of hands on the chest as well as close the eyes and for 45 seconds.

Test conditions: Do not assign the healthy man to the infected and not open the eyes.

Registration: Take the time that reached the mechanism of the injured and repeated three attempts and take the best.

Statistical means

The researcher used the statistical bag (spss) to process the data.

RESULT AND DISCUSSION:

Table (1) Shows the computational and standard deviations, the calculated T value, and the significance level for the tectonic tests and the accuracy of the correction on the target

Significance	Calculated t value	Post-test		Tribal Test		measruing unit	Variables	
		p	s	p	s			
0.544	0.281	1.860	0.597	5.832	0.000	Time	Postoperative balance	1

In the light of the data extracted for the individuals of the research sample, Table (22) shows the differences in the equilibrium values on the affected foot in the pre and post tests of the sample. As shown in the table above, the nature of the sample showed differences between the tribal and remote tests.

In the variance variable, using the t-test of the interrelated samples to extract the differences showed significant differences. The calculated value (0.281) at the level of (0.544) and the degree of freedom (9) between the tribal and remote tests for the sample of the research sample and for the post-test.

It is clear from the above table that there are significant differences of statistical significance in the change of balance. The reason for this effect is due to the correlation program which included the balance exercises which started at the stage of the syllabus program. The researcher emphasizes the development of balance exercises in the rehabilitation programs because they have an effective role in the successful return of the athlete (2017), which seeks to learn about recent developments in the rehabilitation of cruciate ligament. The study showed that the current rehabilitation programs are based not only on muscle strength exercises, but also on the training of the muscles. For neuromuscular compatibility and sensory receptors to provide an alert for the nervous system so that the athlete can restore the dynamic stability required in sports competition

Abdul-Razzaq Al-Majidi (2018) confirms the use of balance exercises to test the motor mobility of the injured man's muscles to normal.

The researcher emphasizes the activation and stimulation of the system of deep sensory receptors and the use of advanced exercises in the balance that can achieve excellent positive results and use them through the phases of the program and the dependence of dependence on the transition from one phase to another, and use the researcher exercises for the balance of modern, which stand on the ball balance with a blink And the eye of the researcher and other exercises lead to imbalance where the result of these exercises improve balance and such exercises as jumping and pushing the injured from the back during To jump, these exercises aim to alert the deep sensory receptors located in the tendons, muscles and joints, and the balance is achieved by strengthening the muscles surrounding the affected joint and this is what is confirmed in the program of the correlation, the more the improvement of receivers of deep sense, the greater the stability and stability of the joint and this fundamental point It is necessary to pay attention to them and to be aware of them within the educational programs.

CONCLUSIONS:

- The injury of the frontal cruciate ligament is a very complex injury and requires great effort in achieving knee stability and that the exercises used to improve the stimulation of the receptor of the deep sense and balance.

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