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Keith Chittenden

Barry University School of Podiatric Medicine, USA

Flexibility and mobility

The PowerPoint presentation will cover the basic physiology of stretching. There will be a discussion on the kinectic chain and how this theory gives the basis and importance on balance between the joints of the lower and upper extremities. Emphasis will be given on importance on maintaining this balance as well as the dysfunctions that will arise when then the kinectic chain has dysfunction. The difference between tight and weak muscles and its influence on the kinectic chain will be discussed. There will be some examples of the 4 types of stretching and when they should be done and for how long. There will be discussion on the foot centering biomechanics and how kinectic chain dysfunction in the foot will cause dysfunction with the entire lower kinectic chain.

Recent Publications

1. Keith Chittenden, Patient Non-Compliance: A Barrier to Successful Outcomes in Medicine and Healthcare Service, Journal of Clinical Case Studies Reviews & Reports.
2. Keith Chittenden, The Lower Kinetic Injury Chain: A Musculoskeletal Biomechanical Perspective into Lower Extremity Injury and Modalities to Remediate them, Journal of Pain and Relief.

Biography

Keith Chittenden is a Doctor of Podiatric Medicine, Doctor of Physical Therapy, Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and Certified Exercise Physiologist through the American College of Sports Medicine. He has been working in Sports Medicine for 20 years and has worked with Elite Athletes, the Military and Law Enforcement in Performance Enhancement, Surgical and Medical care, Rehabilitation, and Tactical Conditioning. He does Consulting for special projects as well.

e: keithfit99@hotmail.com