

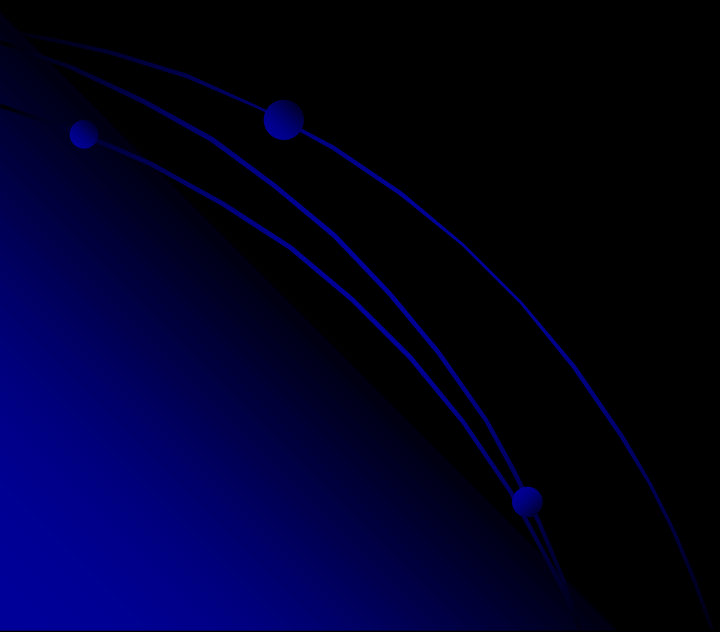


ΜΕΘΟΔΟΛΟΓΙΑ ΕΡΕΥΝΑΣ ΣΤΗ ΦΥΣΙΚΟΘΕΡΑΠΕΙΑ

Δρ. Νικόλαος Στριμπάκος
Καθηγητής

Μάθημα 13^ο

- Αναφορές – Αρθρογραφία - Βιβλιογραφία



Αναφορές – Αρθρογραφία - Βιβλιογραφία

Στο κείμενο:

- Μπορεί να είναι:

1) αριθμοί

- (Muscle force testing is an important functional evaluation tool in estimating the extent of disability^{1,2})

2) όνομα

- (About 70% of the people can recall experiencing an episode of neck pain or stiffness in their lifetime (Brattberg et al, 1989), and recent studies for headache (tension-type or cervicogenic) have estimated its prevalence at 35%-40% of the adult population in western societies (Schwartz et al, 1998; Bronfort et al, 2000)

Στο κείμενο:

- αν είναι περισσότεροι από τρεις συγγραφείς γράφουμε το λατινικό et al (ελληνικά: και οι συνεργάτες)
- αν είναι δύο ονόματα ενώνουμε με το & (Στριμπάκος & Γιόφτσος, 2002)
- αν αναφερόμαστε σε ένα βιβλίο πολλές φορές πρέπει να γράψουμε την σελίδα στο κείμενο κάθε φορά παρά όλες τις σελίδες στην λίστα στο τέλος
- τις συντομογραφίες τις γράφουμε αναλυτικά την πρώτη φορά και στη συνέχεια τις χρησιμοποιούμε ως έχουν

1. Introduction

Sports Physiotherapy requires practitioners to possess advanced knowledge and skills across several domains, including injury prevention, rehabilitation, and performance enhancement (Carrard et al., 2023; Kemp et al., 2023). A pivotal step in formalising the profession was the introduction of a global competency framework by the International Federation of Sports Physical Therapy (IFSPT) in 2005 as part of the "Sports Physiotherapy for All" (SPA) initiative (C. Bulley & Donaghy, 2005; Thorborg & Mendonça, 2021). This competency framework outlined 11 core competencies, establishing 300 standards for professional conduct and facilitating global recognition of expertise through the Registered International Sports Physical Therapist title (Bulley, 2005; Thorborg & Mendonça, 2021).

Over the past two decades, this framework has served as a benchmark for educational curricula and certification pathways across IFSPT member country organisations. Since 2005, the number of IFSPT member countries has steadily increased from the original 11 members, with 40 countries expected to be IFSPT members by the end of 2024. Furthermore, the field of Sports Physiotherapy has evolved considerably worldwide since 2005. Advancements and innovations in healthcare practices, technology, and research necessitate an update of these competencies and standards (Verschuere & Constantinou, 2023).

Στην τελική λίστα:

Άρθρο:

- Σύστημα Harvard

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Στην τελική λίστα:

Άρθρο:

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Callaghan MJ, Al-Zahrani E, McCarthy C, Oldham JA, Doherty P. The reliability of surface EMG measurements of the quadriceps during closed kinetic chain testing. *Med.Sci.Sports Exerc.* 2001 (Submitted)

Στην τελική λίστα:

Βιβλίο:

- [Σύστημα Harvard](#)

Bowsher, D. (1994) “Acute and chronic pain and assessment” In: Wells, P.E., Frampton, V. and Bowsher, D. “Pain management by physiotherapy” 2nd ed, Oxford, Butterworth-Heinemann, p. 39-43.

Hartman, L. (ed) (1997) “Handbook of Osteopathic Technique” 3rd ed, Cheltenham, Stanley Thornes (Publishers) Ltd, p. 13-48.

Στην τελική λίστα:

Βιβλίο:

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Domholdt E. *Physical Therapy Research. Principles and applications*. Philadelphia: W.B. Saunders Company, 2000.

- Bowsher D. Acute and chronic pain and assessment. In: Wells PE, Frampton V, Bowsher D editors. *Pain management by physiotherapy*. 2nd ed, Oxford, Butterworth-Heinemann, 1994. p. 39-43.

Στην τελική λίστα:

Πρακτικά συνεδρίων:

- Σύστημα Harvard

Simmonds, M.J., Barlow, T. and Kreth, K. (1996) "Symptom sincerity of patients with chronic low back pain (LBP): Do physical therapists believe their patients?" In: Proceedings of the World Congress of the International Association for the study of pain, IASP, Vancouver, p.61.

Von Korff, M. (1994) "Perspectives on management of back pain in primary care." In: Gebhart, G.F., Hammond, D.L. and Jensen, T.S. Proceedings of the 7th World Congress on Pain, Progress in Pain Research and Management. IASP, Seattle, WA, Vol. 2, p.97-110.

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- Σύστημα *American Psychological Association (APA)*:

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1. Introduction

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endorsed by IFSPT. Competency statements describe effective professional behaviours that integrate knowledge, skills, and attitudes in a particular context. They answer the question "What should a professional be able to do?" (e.g., Injury Prevention: A sports physiotherapist can assess risks of injury in athletes and design interventions to reduce occurrence and recurrence). Standards are criteria for performance of the SPT; they describe the minimum level of capability at which those competencies should be demonstrated. They answer the question "How

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Forward head posture (FHP) can be defined as the anterior displacement of head in relation to the body vertical midline.¹ FHP is a postural abnormality that is frequently observed in patients with chronic neck pain.² Although the "cause and effect" relationship between FHP and chronic neck pain is not absolutely understood, it seems that they present a bi-directional association.³

duced blood flow, fatigue, tissue damage and, finally, pain.⁴ FHP is also associated with an increase in anterior tensile forces and posterior compressive forces with consequential stretching of anterior cervical structures and shortening of posterior muscles.² Finally, creep phenomena give FHP a continuously aggravating role,³ whereas the resulting muscle imbalances have been implicated for the observed respiratory dysfunction in patients with chronic neck pain.^{5,6}

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