

Elastic resistance exercises in physiotherapy

Recovery process after different illness or injuries to a normal life is very long and difficult process, in which participate and cooperate many professionals-physicians, physical therapists, occupational therapists, trainers, conditioning specialists etc. In different stages of recovery process many procedures are used, special treatment interventions, most popular recovery techniques like hydrotherapy and massage, stretching, also nutrition-intervention, etc. Important role in recovery procedure play strength training and conditioningm [(E (i et)6 (77)12n0 10 412 (urPT0 (t)(p)7 (l)-3oute(P)60.9 (a)- (in r)13 (e)-5 (co)16 (v

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