

الجامعة الأردنية

نموذج تفويض

أنا  أحمد الحادي ، أفوض الجامعة الأردنية بتزويد نسخ
من أطروحتي للمكتبات أو المؤسسات أو الهيئات أو الأشخاص عند طلبها.

التوقيع: 

التاريخ: ١٣ / ١ / ٢٠١٠

اثر استخدام التمرينات المائية في علاج المصابين بالانزلاق الغضروفي في
المنطقة القطنية من العمود الفقري

إعداد

مهند محمد احمد موسى

المشرف

الدكتور ماجد فايز مجلي

قدمت هذه الرسالة استكمالاً لمتطلبات الحصول على درجة الماجستير
في التربية الرياضية

كلية الدراسات العليا
الجامعة الأردنية

كانون الثاني، ٢٠١٠

تعتمد كلية الدراسات العليا
هذه النسخة من الرسالة
التوقيع: التاريخ: ٢٠١٠/١٠/١٤

قرار لجنة المناقشة

نوقشت هذه الرسالة (أثر استخدام التمرينات المائية في علاج المصابين بالانزلاق الغضروفي في المنطقة القطبية من العمود الفقري) وأجيزت بتاريخ ٢٠١٠/١/٤

التوقيع


أعضاء لجنة المناقشة

الدكتور ماجد فايز مجلي، مشرفاً
أستاذ مشارك - الطب الرياضي والرياضة العلاجية



الدكتور حازم نوري النهار، عضواً
أستاذ - دكتوراه في علم التدريب والاجتماع الرياضي



الدكتور محمد عادل الهنداوي، عضواً
أستاذ مساعد - فيسيولوجا الرياضة



الدكتور مؤيد عبدا لله وحشة ، عضواً
أستاذ مساعد - تطوير الصحة (الجامعة الهاشمية)

تعتمد كلية الدراسات العليا
هذه النسخة من الرسالة
التوقيع: التاريخ: ٢٠١٠/١/٤

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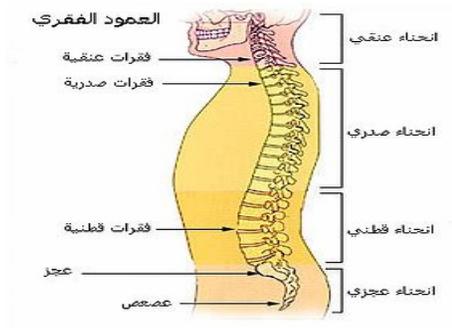
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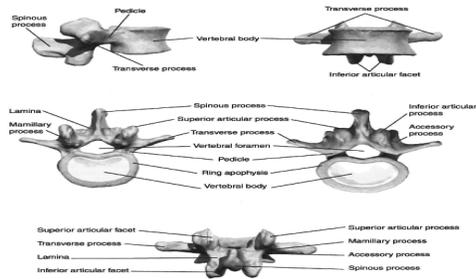


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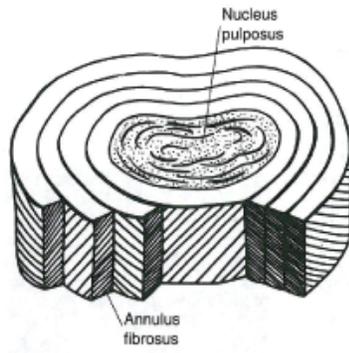
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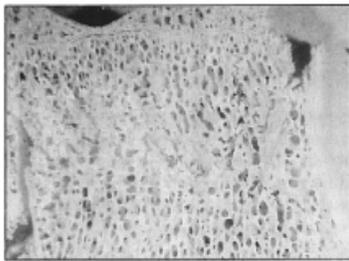
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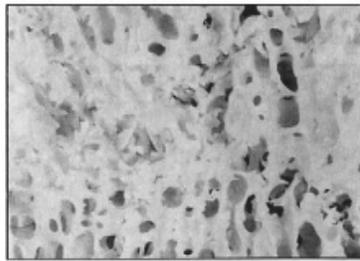
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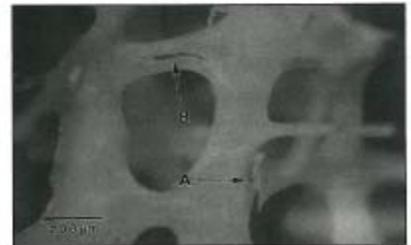
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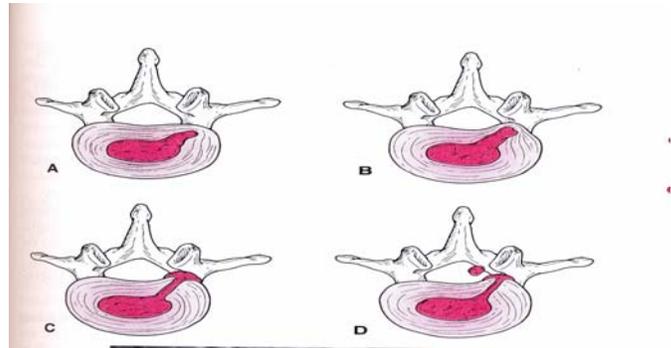


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<p>The image contains several anatomical diagrams illustrating dermatome distributions. On the left, there are two diagrams of the back: the top one shows a shaded area labeled 'L1' on the upper back, and the bottom one shows shaded areas labeled 'L3' and 'L2' on the lower back. In the center, there is a diagram of a foot with shaded areas labeled 'L5' on the lateral side, 'S1' on the medial side, and 'S1-2' on the heel. On the right, there are three diagrams of a leg and foot: the top one shows shaded areas labeled 'L3' and 'L4' on the calf and heel; the middle one shows shaded areas labeled 'L3' and 'L4' on the anterior and lateral aspects of the leg; and the bottom one shows a shaded area labeled 'L2' on the medial malleolus and heel.</p>	L5-S1

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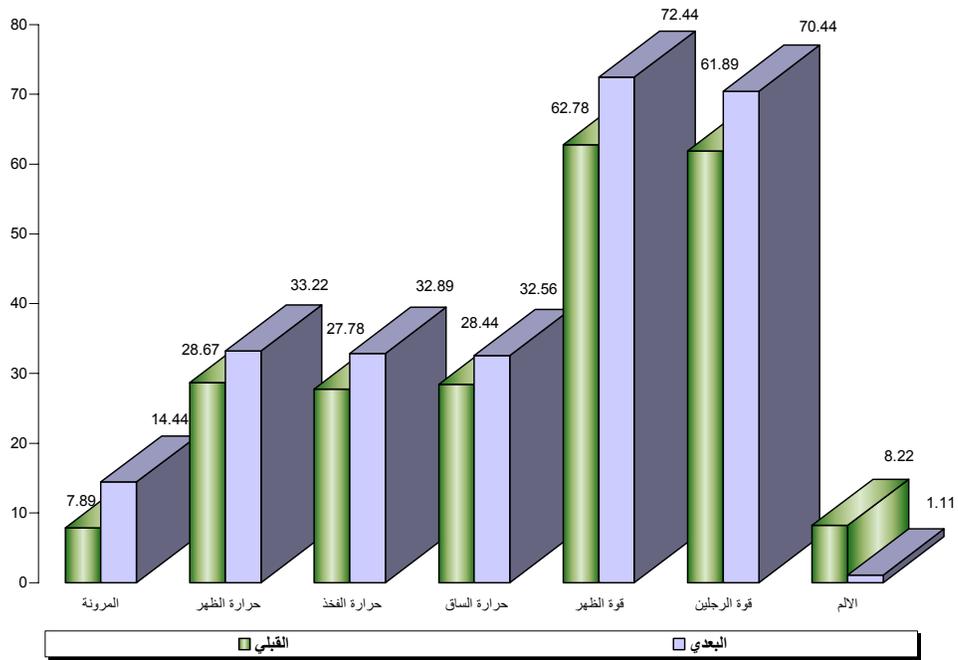
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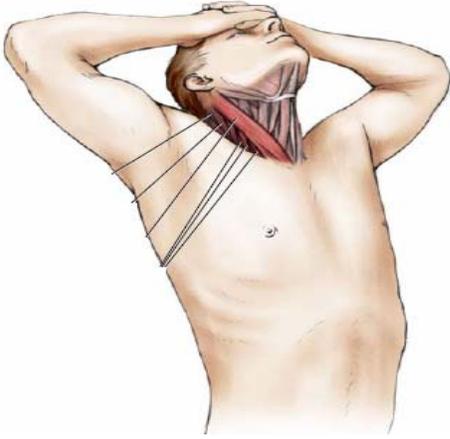
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ملحق رقم (١)



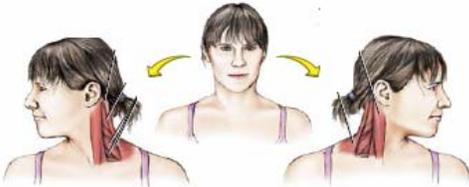
تشبيك اليدين ووضعهما خلف الرأس ودفع الرأس
للامام ومحاولة لمس الصدر بالذقن.



من وضع الوقوف تشبيك الأصابع
ووضعهما على مقدمة الرأس ودفع للخلف
بحيث يكون الأنف مقابل للسقف



من وضع الوقوف ثني الرقبة للخلف ثم
الاستقامة ثم مد الرقبة للامام



وضع الوقوف دوران لليمين واليسار



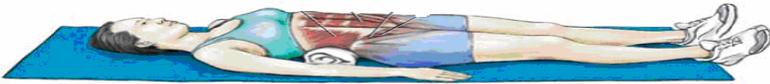
وضع الوقوف انحناء لليمين واليسار



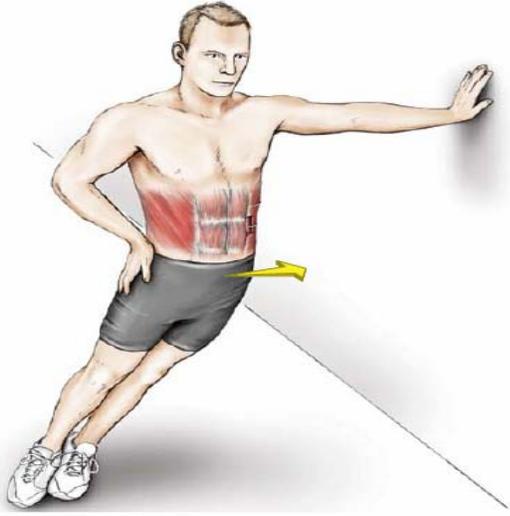
وضع الوقوف مقابل الحائط ووضع اليد على الحائط ومن ثم الضغط



وضع الوقوف وضع اليد اليسرى على الصدر واليد اليمنى على مرفق اليد اليسرى وسحب اليد اليسرى باتجاه الأسفل



من وضع الاستلقاء على الظهر ووضع منشفة أسفل الظهر بارتفاع من ٢،٥-٥ سم



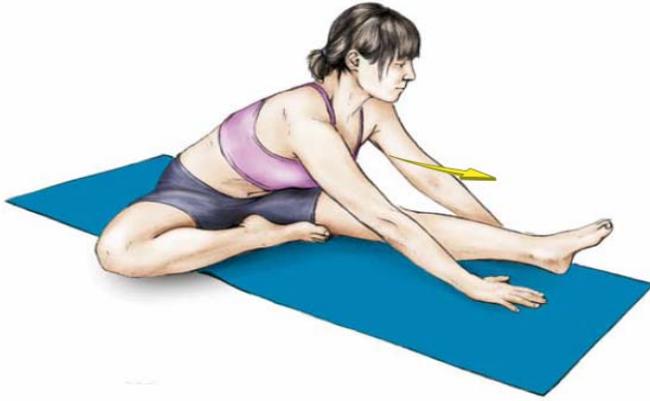
الوقوف جانب الحائط ووضع اليد اليسرى على الحائط مع الميلان ودفع الحوض باليد اليمنى باتجاه الحائط



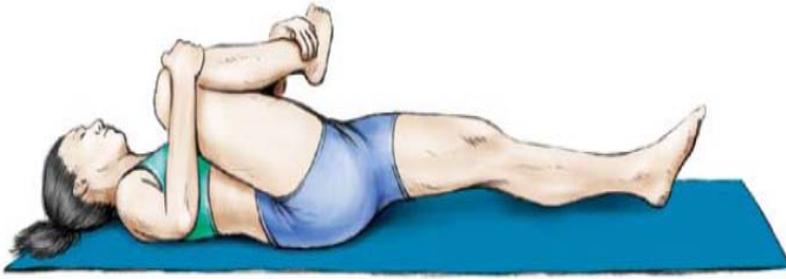
وضع الجلوس على الكرسي وتشبيك الأصابع خلف الرأس وميلان الجذع لليمين



وضع الوقوف وضع اليدين للخلف وميل الجذع للخلف



وضع الجلوس على الارض والرجل اليسرى
ممدودة للامام والقدم اليمنى على جانب
الفخذ اليسرى واليدين امام الصدر والميل للامام



الاستلقاء على الظهر وسحب
الرجل اليمنى للصدر ومسك اليد
اليمنى بالركبة واليد اليسرى
بالكاحل وسحب الرجل نحو
الصدر



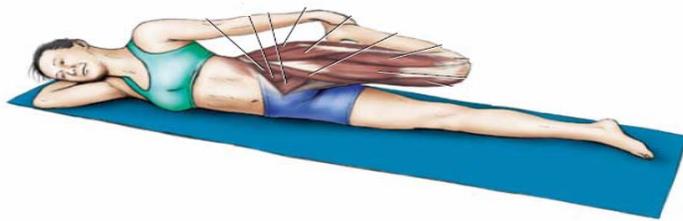
وضع الجلوس على الأرض وضع الرجل
اليسرى خارج الركبة اليمنى ومرفق اليد
اليمنى على الركبة اليسرى ودوران الجذع
لليسار



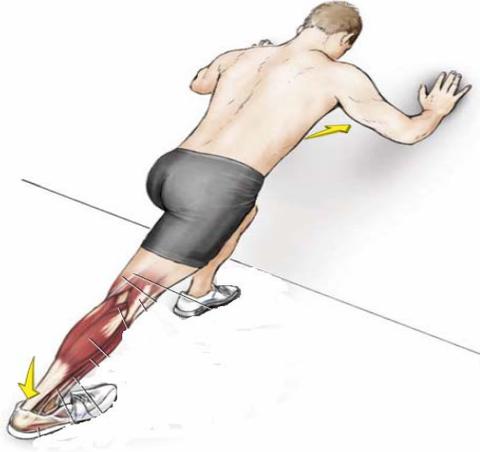
وضع الوقوف الرجل اليسرى للخلف و
اليمنى للامام وميل الجذع للامام
وملامسة اليدين للقدم اليمنى



الوقوف على الرجل اليسرى ووضع الرجل
اليمنى على حافة طاولة وثني الجذع للامام
ومع ملامسة اليدين للقدم اليمنى مع المحافظة
على استقامة الرجلين



وضع الاستلقاء على الجانب الايمن ووضع
اليمنى اسفل الرأس والرجل اليمنى
مستقيمة للامام وثني الركبة اليسرى للخلف
مع امساك اليد اليسرى بالقدم اليسرى
والسحب للخلف



وضع اليدين على الحائط ثني الرجل اليسري للامام
واليمنى للخلف بشكل مستقيم ولضغط باتجاه الحائط

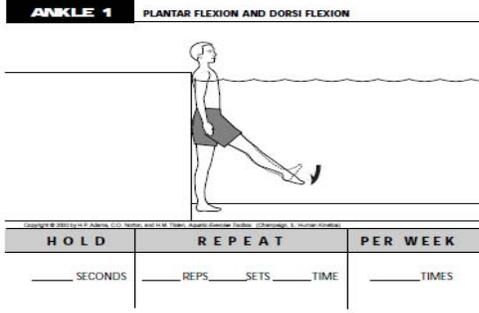


الوقوف بشكل عامودي على حافة الدرج وكعب القدمين يكون
للخارج الحافة ثم محاولة النزول قدر الامكان

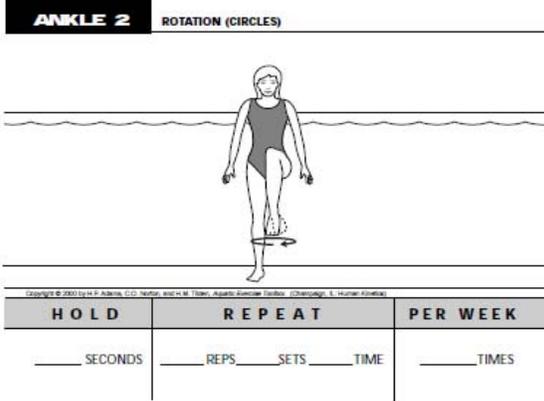


الوقوف بشكل عامودي على حافة الدرج
ويكون وسط كعب القدم خارج الحافة
مع ثني الركبة للداخل.

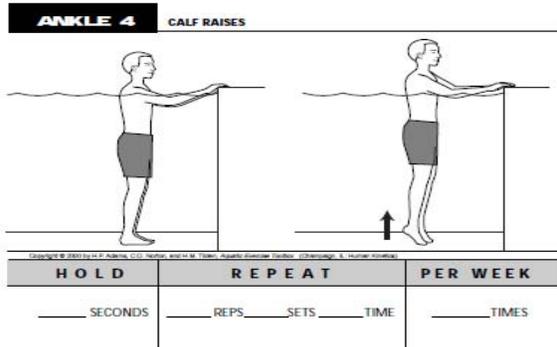
ملحق رقم (٢)



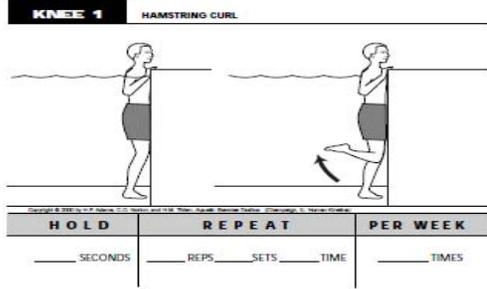
الوقوف في الماء بشكل عامودي والجذع للخلف ومد القدم
للامام وثني الكاحل للاعلى وللأسفل



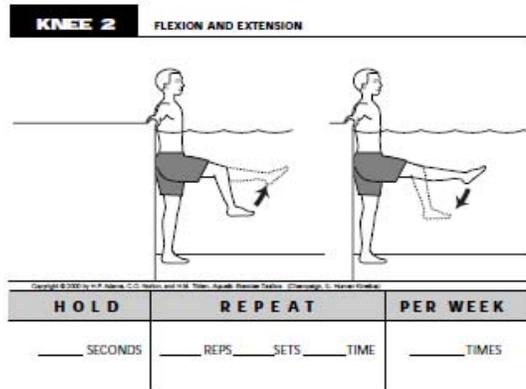
الوقوف في الماء ورفع الفخذ للاعلى ودوران
الكاحل للداخل



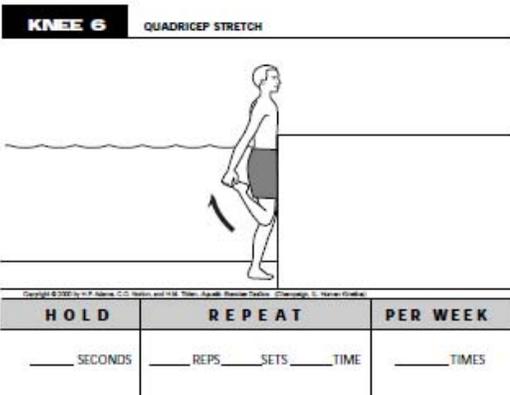
وضع الوقوف والامساك بحافة
البركة والوقوف على اصابع القدم



وضع الوقوف في الماء مع
الامساك بحافة البركة وثني
الفخذ للخلف



وضع الوقوف في الماء
والارتكاز على حافة
البركة ومد الفخذ للامام



وضع الوقوف في الماء
مع ثني مفصل الركبة
للخلف

HP 1 FLAMINGO

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

وضع الوقوف مع الامساك بحافة البركة
ودوران مفصل الحوض للخارج والداخل

HP 2 FLEXION

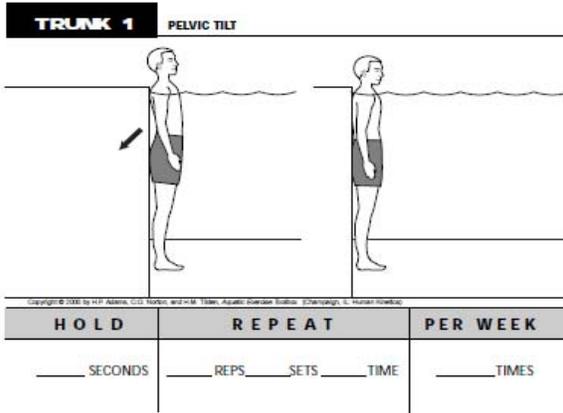
HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

وضع الوقوف وتثني مفصل الحوض للامام

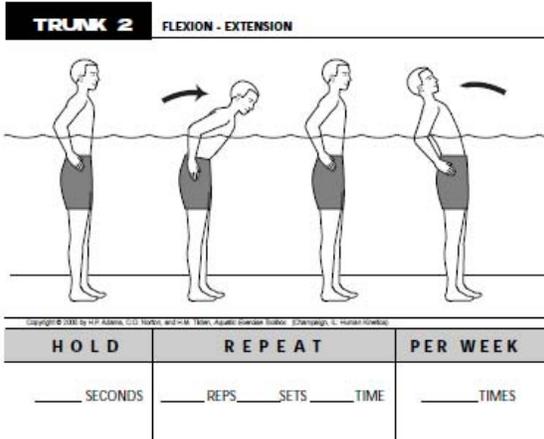
HP 5 ABDUCTION AND ADDUCTION

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

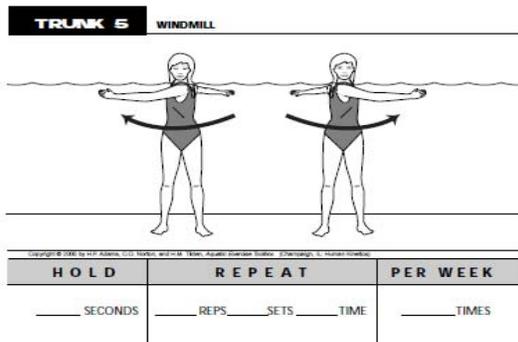
وضع الوقوف تبعيد وتقريب مفصل الحوض



وضع الوقوف وسند الجذع على
حائط البركة وميل الحوض للخلف



وضع الوقوف مد الجذع للامام ثم
وضع الوقوف وثني الجذع للخلف



وضع الوقوف مع مد اليدين ودوران
الجذع لليمين واليسار

TRUNK 7 KNEE TO SHOULDER MARCH

Copyright © 1988 by W.P. Adams, C.O. Holton, and M. "Moe" Aquatic Exercise Studio. (Chicago, IL: Human Kinetics)

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

وضع الوقوف رفع الركبة اليمنى باتجاه الكتف اليسرى والركبة اليسرى باتجاه الكتف اليمنى

TRUNK 8 DEEP WATER SIT UPS

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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

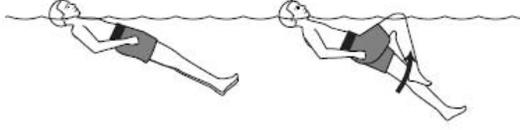
وضع الطفو ثني للامام

TRUNK 9 SUPINE DEEP WATER ROTATION

Copyright © 1988 by W.P. Adams, C.O. Holton, and M. "Moe" Aquatic Exercise Studio. (Chicago, IL: Human Kinetics)

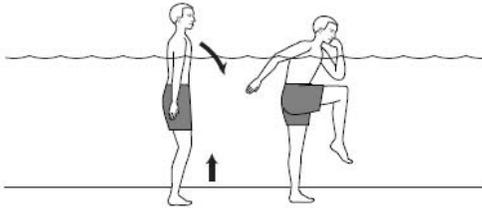
HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

وضع الطفو دوران الحوض للخارج

TRUNK 13 SINGLE KNEE TO SHOULDER

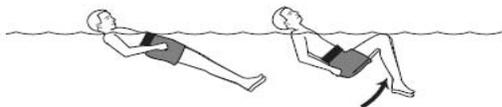
وضع الطفو رفع الركبة باتجاه
الكتف

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

TRUNK 15 ELBOW TO KNEE

وضع الوقوف رفع الركبة للمرفق

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

TRUNK 14 DOUBLE KNEES TO SHOULDERS

وضع الطفو الركبتان معا باتجاه الكتفين

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

NECK 1 ROTATION

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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

وضع الوقوف مع فتح القدمين ودوران الرقبة للأعلى والنظر لليمين والنظر للأسفل مع النظر لليساار.

NECK 2 LATERAL FLEXION

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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

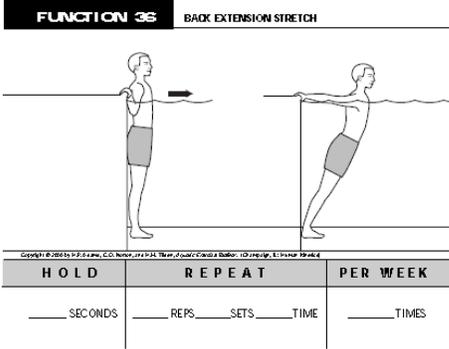
وضع الوقوف ثني الرقبة لليمين ثم وضع الاستقامة والثني لليساار

NECK 7 FLEXION AND EXTENSION

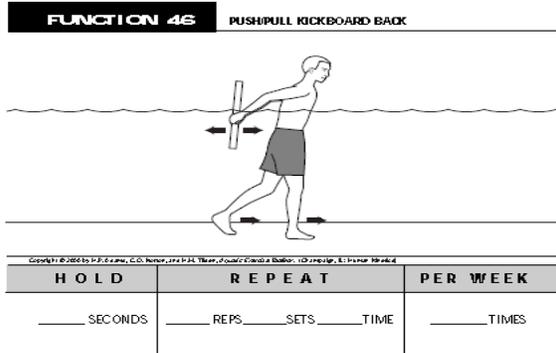
Copyright © 2005 by W.P. Adams, C.C. Harbo, and M. Talar. Aquatic Exercise Booklet. ©Champaign, IL: Human Kinetics.

HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

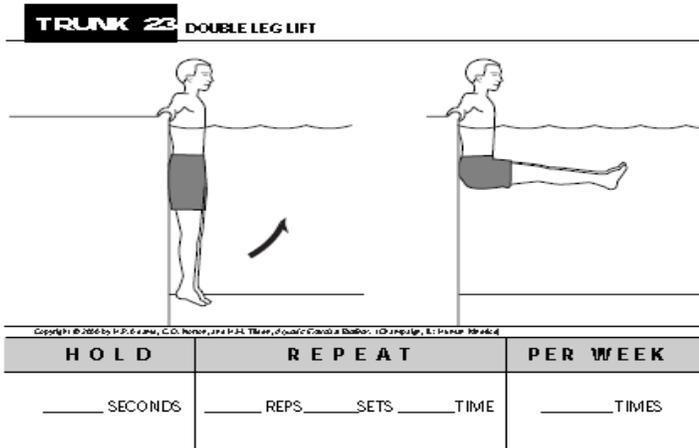
وضع الوقوف في الماء ثني الرقبة للخلف ثم الاستقامة والثني للامام



وضع الوقوف والظهر للحائط ثم دفع
الجذع للامام باليدين

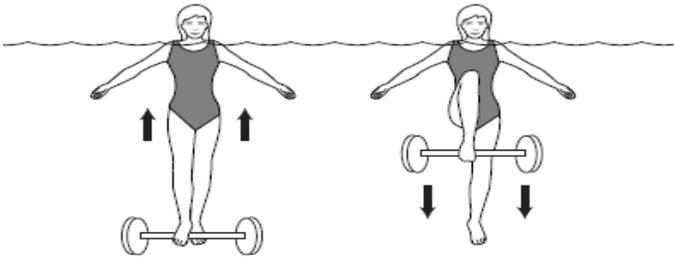


وضع الوقوف والإمساك لوح الطفو
واليدين للخلف والسحب للامام
والخلف



الوقوف عموديا والإمساك بحافة البركة ورفع
القدمين للأعلى من مفصل الحوض

FUNCTION 17 UNILATERAL LOWER EXTREMITY PRESS DOWN (SHALLOW)

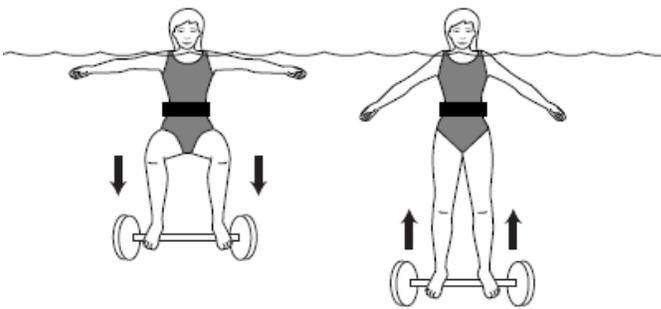


الوقوف عموديا على قدم واحدة واليدين مفرودتان على الجانب وضغط العتلة للأسفل بالرجل الأخرى.

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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

FUNCTION 6 BILATERAL LOWER EXTREMITY PRESS DOWN - DEEP WATER

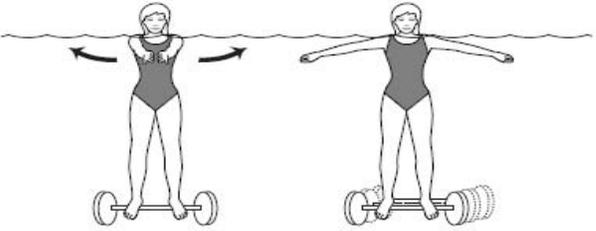


وضع الطفو العامودي واليدين مفرودتان على الجانب وضغط العتلة بالرجلين معا

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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

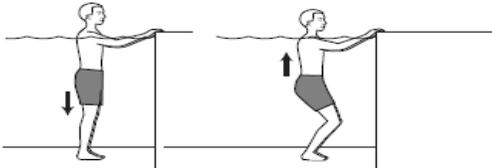
FUNCTION 15 DEEP WATER VERTICAL BREASTSTROKE



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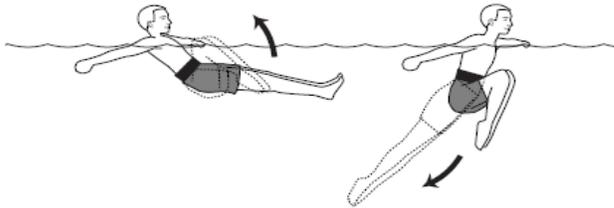
HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

KNEE 3 SQUATS



HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

TRUNK 21 DEEP WATER PENDULUM



HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

HP 15 ABDUCTION AND ADDUCTION - LOWER EXTREMITY - DEEP WATER



HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

HP 18 LATERAL KARATE KICK

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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

HP 3 EXTENSION

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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

TRUNK 19 SEATED KICKBOARD BACKWARD

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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

HP 7 FLUTTER KICK

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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

TRUNK 6 PELVIC CURL-UP

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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

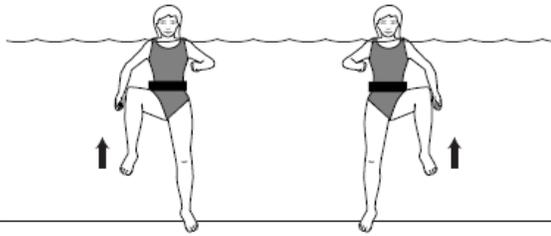
HP 11 SUPINE FLUTTER KICK - DEEP WATER

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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

FUNCTION 8

HIGH KNEE JOGGING - DEEP WATER



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

FUNCTION 23

BICYCLE IN SUPINE POSITION

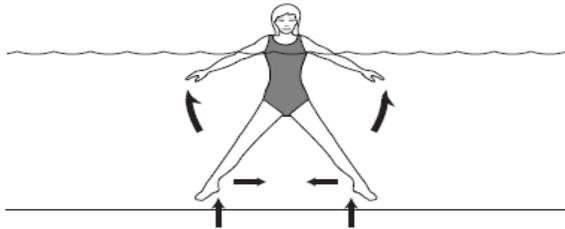


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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

FUNCTION 32

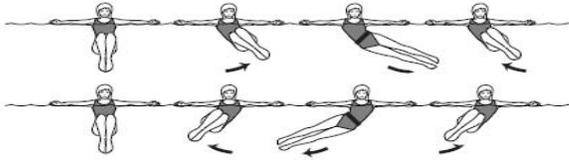
POWER JACK/CHEERLEADER



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

TRUNK 11 DEEP LATERAL LUNGE



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

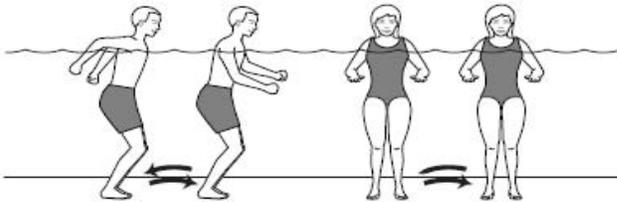
FUNCTION 37 DEEP WATER HURDLES



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

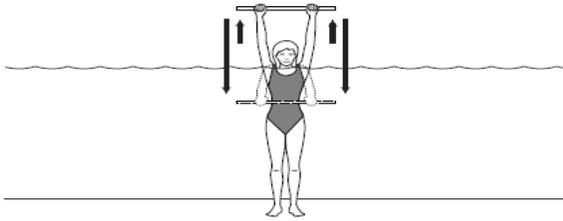
FUNCTION 44 PLYOMETRICS - NORTH, SOUTH, EAST, WEST



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

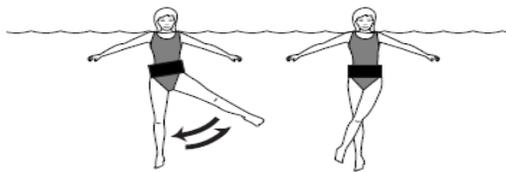
SHOULDER 15 OVERHEAD FLEXION WITH WAND



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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

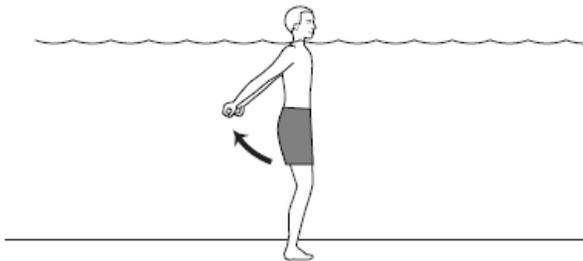
HIP 22 DEEP WATER HALF SCISSOR



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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

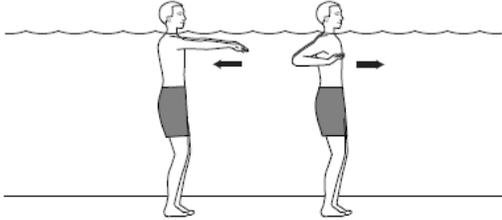
SHOULDER 23 EXTENSION WITH WAND



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HOLD	REPEAT	PER WEEK
____ SECONDS	____ REPS ____ SETS ____ TIME	____ TIMES

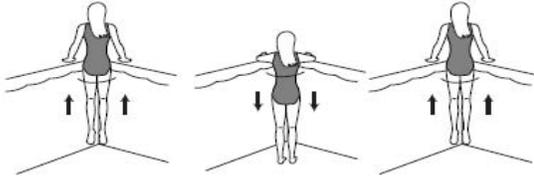
SHOULDER 24 SCAPULAR RETRACTION WITH SHOULDER EXTENSION



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

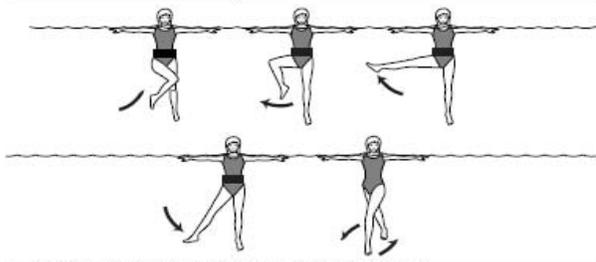
SHOULDER 38 CORNER PUSH-UPS



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HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

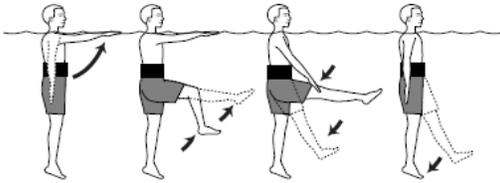
FUNCTION 39 DEEP WATER FLAMINGO/SCISSOR



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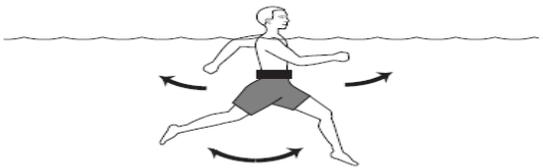
HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

FUNCTION 43 DEEP WATER, LOWER EXTREMITY, LIFT/EXTEND/LOWER



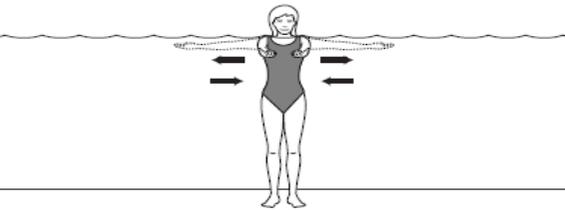
HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

FUNCTION 12 CROSS COUNTRY SKI - DEEP WATER



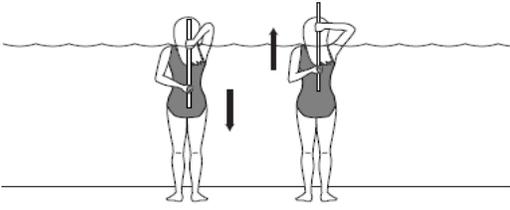
HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

SHOULDER 22 HORIZONTAL ABDUCTION/ADDUCTION WITH PALMS UP



HOLD	REPEAT	PER WEEK
_____ SECONDS	_____ REPS _____ SETS _____ TIME	_____ TIMES

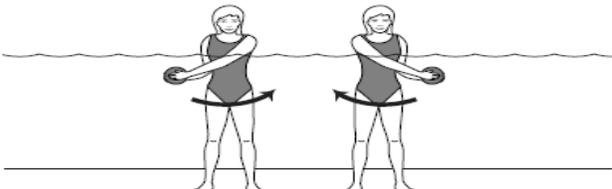
SHOULDER 25 INTERNAL ROTATION WITH WAND



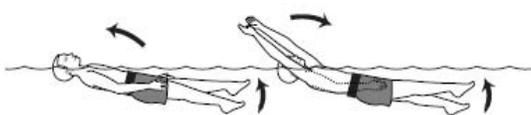
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HOLD	REPEAT	PER WEEK
___ SECONDS	___ REPS ___ SETS ___ TIME	___ TIMES

TRUNK 3 ROTATION WITH BALL



TRUNK 17 DOUBLE BACKSTROKE



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HOLD	REPEAT	PER WEEK
___ SECONDS	___ REPS ___ SETS ___ TIME	___ TIMES

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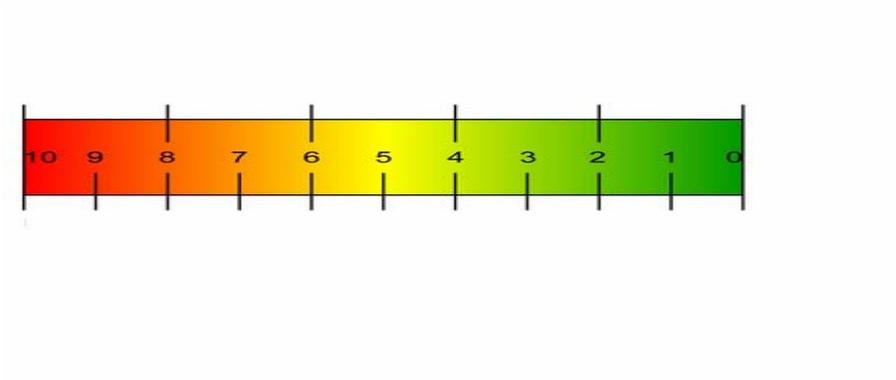
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**EFFECT OF WATER TRAINING ON THE TREATMENT
OF LUMBER VERTEBRAE OF SPINAL CORD
PATIENTS**

By

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Abstract

This study aimed at examining the effects of using water exercises on the therapy of spinal lumbar disc patients and its effects on the study: Spine's flexibility with the muscles temperature, muscles strength and severity of pain.

The sample of the study consisted of 9 spinal lumbar disc, all male patients who suffer from mild and moderate pains. The researcher used the empirical mode due to the nature of the study.

The results of the study revealed; proposed rehabilitation program which has positive results on the study's variable; spine flexibility, muscles temperature, muscles strength, and severity of pain.

According to the results program, the researcher recommends using the proposed training in order to apply it in the therapy of spinal lumbar vertebrae in mild and moderate cases.