

Effect of motor control exercises on the muscles of the iliac rim on changes in functional and structural parameters in patients with hallux valgus

The project is intended for adult patients who meet the following requirements (inclusion criteria):

1. Written informed consent
2. Hallux valgus 2nd and 3rd grade of Manchester scale
3. Aged at least 18 years
4. Overall well-being on the day of examination

In addition, patients who meet the following conditions (exclusion criteria) will be excluded from the study:

1. Aged less than 18
2. No hallux valgus
3. Hallux valgus 4th grade of Manchester scale
4. Surgeries in the abdomen, pelvis, lower extremities in the last of 10 years
5. Injuries of the lower extremities, pelvis or spine on the examination day
6. Rheumatological diseases

Subjects included to the study will undergo a special physiotherapy program. The participation is voluntary, free of charges, and patients can opt out of the project at any stage of its duration.

For more details please contact to Łukasz Kosowski kosowskil@wsm.opole.pl