

СТАНОВИЩЕ

от

Доц. Ростислав Валентинов Костов, доктор

относно дисертационен труд на тема:

**„ПРОУЧВАНЕ НА КИНЕЗИТЕРАПЕВТИЧНОТО ВЪЗДЕЙСТВИЕ ВЪРХУ
ХРОНИЧНАТА НЕСТАБИЛНОСТ В ГЛЕЗЕННА СТАВА ПРИ КАРАТИСТИ“**

Разработен от Веселина Пламенова Таскова

**За присъждане на образователна и научна степен „Доктор“ в област на висшето
образование 7. Здравеопазване и спорт, професионално направление 7.4.**

Обществено здраве

Научен ръководител: Доц. Димитър Ганчев, ДН

В клиничната и рехабилитационна практика, едни от най-честите мекотъканни увреди в областта на тало-круралната става са тези на латералния колатерален лигамент, в частност на вентралните тало-фибуларни фибри. В спортната практика със значителна епидемиология на такива увреди се характеризират т.нар. „контактни спортове“, като физиотерапевтичният подход е до голяма степен дискутабилен и строго индивидуален от гледна точка на специфичните спортни изисквания. В тази връзка смятам темата на настоящото проучване за актуална, притежаваща не само научен потенциал, но и с пряко отражение върху актуализиране на рехабилитационния подход при каратисти с хронична тало-крурална нестабилност, вследствие увреди на латералния колатерален лигамент.

Дисертационният труд е с обем от 160 страници, включващ общо пет логично-свързани раздела. В раздел 1 с общ обем от 40 страници, докторантът умело представя и интерпретира всички необходими аспекти касаещи анатомо-функционалните особености на глезенно-ходилната област; епидемиологията; социалната значимост; класификацията; етиологията, патогенезата и рисковите фактори за увреда на латералния колатерален лигамент на глезенната става и свързаната с тях ставна нестабилност. Прави впечатление авторовата позиция при анализ на характерно прилаганите рехабилитационни подходи при пациенти с хронична глезенна нестабилност.

В раздел 2 ясно и недвусмислено е представена постановката на научното проучване, включваща представяне на необходимостта от изследването, работната хипотеза, точно формулираните цели и задачи на дисертационния труд и дизайнът на проучването. Контингентът на изследване представлява общо 49 състезатели по карате-стил Шотокан, от които 29 са с функционална глезенна нестабилност (експериментална група) и 20 са без налични данни за глезенно-ходилен дефицит (контролна група).

В раздел 3 на дисертационния труд в достатъчни детайли са представени организацията, контингентът и методите на научното проучване. Коректно са представени демографските характеристики и критериите за включване на пациентите в проучването, използваните способи за функционално и клинично изследване, изработените анкети и приложени статистически методи.

В отделен раздел (номер 4) е представена апробираната от докторанта собствена методика на кинезитерапия, представена чрез задълбочена обосновка. Целта на приложената методика е ясна и недвусмислена, като за постигането ѝ са определени 14 задачи. В основата на апробираната методика са заложили терапевтични упражнения с TheraBand ленти за оказване на еластично съпротивление и упражнения върху нестабилни опори. Налице са ясни и необходими методически указания, условията за безопасно ползване на еластичните ленти и подробно описание на кинезитерапевтичната методика.

В раздел 5 от дисертационния труд, с подходящи детайли са представени резултатите от проведеното научно изследване, в т.ч. описателната статистика и резултатите от приложените функционални методи за изследване. Прави впечатление богатото онагледяване на представените резултати, включващо 5 таблици и 32 диаграми, задълбоченият статистически анализ и критичната позиция на докторанта.

Логично свързан с останалите части, раздел 6 от дисертацията представя някои дискуссионни моменти, възникнали в хода на научното проучване. Прави впечатление високият академичен стил и компетентния анализ на повдигнатите въпроси.

На базата на всички представени в дисертацията резултати и анализи е представено кратко заключение, изградено на логично-следствена връзка с направения подробен анализ на изследването. Синтезирани са 5 извода, с които съм абсолютно съгласен, напълно подкрепени от получените резултати. Представени са 3 основни препоръки за разширяване на рехабилитационния подход чрез апробираната методика, за подобряване функционално-възстановителните резултати при каратисти с хронична глезенна нестабилност.

Дисертацията завършва с правилно представена библиография, съдържаща 148 литературни източника, от които 12 на кирилица, 130 на латиница и 6 интернет сайта. В края на дисертационния труд са представени 8 приложения, отразяващи дейностите по осъществяване на проучването.

Заключение:

В представения ми за становище дисертационен труд на Веселина Пламенова Таскова е разгледан изключително актуален и дискуссионен в множество аспекти проблем, както от научна, така и от клинично-практическа перспектива. Проведеното изследване е ясно структурирано, построено на логично-следствен принцип. Проблемът е разгледан в необходимите детайли, като ясно личи авторовата позиция и способността на докторанта да интерпретира с необходимата компетентност получените резултати. Апробираната методика е актуална и с потенциал да разшири характерно прилагания рехабилитационен подход при каратисти с хронична глезенна нестабилност. В тази връзка, смятам че приносите на научното проучване не се

изчерпват само във фокуса на представеното изследване, но притежават значителен потенциал за развитие на цялостния рехабилитационен подход и при други групи спортисти.

Представеният ми за становище докторат напълно отговаря на минималните национални научни изисквания, според Закона за развитие на академичния състав в република България, за придобиване на образователна и научна степен „Доктор“.

В тази връзка, гласувам „За“ и предлагам на уважаемите членове на Научното жури да гласуват с положителен вот, на Веселина Пламенова Таскова да бъде присъдена образователна и научна степен „Доктор“ в област на висшето образование 7. Здравеопазване и спорт, професионално направление 7.4. Обществено здраве.

Плевен
07.01.2020

Изготвил становището _____ П _____
(Доц. Р. Костов, доктор)

**To the Attention of
The Chairman of
The Academic Jury**

POINT OF VIEW
of
Assoc. Prof. Rostislav Valentinov Kostov, PhD
on
A Study of the Effect of Physiotherapy on the Chronic Ankle Instability in Karate
Athletes

Dissertation project developed by
Vesselina Plamenova Taskova,
Conferment of Doctor's Education and Science Degree in
Set No 7: Health and Sport, No 7.4: Public Health Professional Profile
Supervisor: Assoc. Prof. Dimitar Ganchev, DSc

In the clinic and rehabilitation practice, some of the most often occurred soft tissue damages in the talocrural joint area concern lateral collateral ligament, namely ventral talofibular fibers. In the sport activities, a considerable epidemiology of such injures is usually typical for field of the so-called 'contact sports'; in this case physio-therapeutic approach is rather discussible; and in respect to the specific sportive requirements, it is also strictly individual. Having in mind this proviso, I think the theme of the presented research project is actual; from the scientific perspective its potential is worthy; it is directly correlated with the need rehabilitation of karate sportsmen with chronic talocrural instability, a result of injuring the lateral co-lateral ligament, to be actualized.

The dissertation work volume is of 160 pages, structured in 5 logically connected sections, as a whole. In Section 1, consisting 40 pages, Doctoral student has very skillfully presented and interpreted all necessary aspects concerning anatomic-functional peculiarities of the ankle-foot zone: epidemiology, social significance, classification, etiology, pathogenesis, risk factors of ankle joint lateral collateral ligament damages and related to them ankle instability. The author's standpoint respects with her analysis of typically applied rehabilitation methods in case of patients with chronic ankle instability.

In Section 2, the scientific research argumentation is clearly and unambiguously formulated. It states the grounds to make the respective study, the working hypothesis, question, project goals and tasks are exactly formulated, and the research design – as well. The respondent group includes, generally, 49 Shotokan style karate athletes: 29 suffer

functional ankle instability (experiment group); for 20 other there is no any available data about any ankle-foot deficiency (marker group).

In Section 3 of the dissertation work, the **composition design, researcher's action and management plan, respondents' quota and scientific research methods** are sufficiently presented in details. **Demographic characteristics and patients' inclusion criteria** are correctly are presented as well as the used tools of functional and clinic investigation, the designed questionnaires and the applied statistical methods.

In a separate Section 4, Doctoral student has described **her methodology** of kinesis-therapy; its development and approbation have been defended in-depth. **The goal of the implemented methodology is clear** and unambiguous, and for its fulfillment **14 tasks** have been formulated. Some **therapeutic exercises with TheraBand Lines** for exerting elastic resistance and exercises for instable fulcrum have been structures as a ground of the such approbated methodology. Obviously available, the methodological instructions are clear and necessary, the terms for a safe usage of elastic lines and the kinesis-therapy methods are described in details.

In Section 5 of the dissertation work **the outcomes of the carried out field research work** are presented in appropriate details; they include some descriptive statistics and the data, obtained from the implemented functional research methods as well. Their illustration is rich and this is impressive: **5 tables and 32 diagrams, in-depth statistical analysis and critical standpoint of the Doctoral student.**

Section 6, logically connected to the ret project segments, presents some debatable viewpoints appearing on the surface during the study process. The high academic style and competent analysis are making positive impression.

On the grounds of all results and analyses, presented in the dissertation, a **short conclusion has been created, using the mechanism of a logic causal relation to the, thus, made detailed field research analysis.** There is a synthesis of **5 outcomes with which I fully agree; they are completely supported by the field outcomes.** Three basic proposals for a future development and expanding the rehabilitation approach have been made via the approbated methods; they concern the improvement of the function-rehabilitation results in the karate athletes' group suffering from a chronic ankle instability.

The dissertation ends with a correctly presented **bibliography that includes 148 literature sources – 12 in Cyrillic, 130 in Latin and 6 internet sites.** In the end of it there are 8 appendices reflecting the various activities, organized during the investigative process.

Conclusion:

In the so presented me dissertation project of Veselina Taskova, which I have had to take up an attitude to, the complex of issues, being very actual and debatable, has been examined from scientific and also from clinic-pragmatic perspective. The field research work done is clearly structured on the grounds of the logic-causal principle. The problem, as a whole, has been accurately debated in the needed aspects and details; the author's position has been clearly expressed; Doctoral student's capacity to interpret with competence the results obtained is clearly manifested. The methods, tested in the respective practical field, are actual and possess potentiality to expand beyond typically applied rehabilitation method to karate

athletes with chronic ankle instability. In this respect I am regarding her work - methods and data, not just as a contribution to this study. Obviously, they are significantly potential to develop a holistic rehabilitation approach to other sportsman's groups and categories as well.

The doctoral scientific product submitted fully replies the minimum national academic standards as in respect to the Law on Development of Academic Staff in the Republic of Bulgaria, for acquisition of Education and Science title Doctor's degree.

In this respect, I am voting 'FOR', proposing the respectful Academic Jury to vote positively for Veselina Plamenova Taskova's acquisition of education and academic Doctor's degree in the higher education field, Set 7: Health and Sport, 7. 4 Public Health Professional profile.

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