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[Transforming Cancer Care through Physical Exercise: A Path to Holistic Healing](#)

The role of physical exercise in cancer treatment is gaining increasing recognition as part of a holistic approach to patient care. Traditionally, cancer treatment has focused on surgical, hormonal, chemotherapeutic, as well as radiotherapeutic interventions. However, recent studies underscore the significant benefits of integrating physical exercise into treatment plans, not merely as a supplementary activity but as a core component of cancer care [1].

Research Article **Published Date:-2024-10-02 14:35:50**

[Effects of Preoperative Training on Static and Dynamic Balance among Female Athletes with Injured ACL](#)

Aims: The purpose of this research was to study the effects of preoperative training on static and dynamic balance among female athletes with injured ACLs.

Methods: This semi-experimental study involved a 2-group pretest-post-test design. Subjects were 36 (19 control and 17 experimental) female athletes with injured ACLs, that were chosen with the available sampling method. The experimental group did the preoperative training in the eight weeks and the control group did not participate in any training program during this period. Static and dynamic balance and lower body muscle strength were measured. The paired sample T-test was used to compare pre and post-test results and the independent sample T-test achieved comparisons between the two groups.

Results: The results indicated that static (with eyes opened and closed) dynamic balance and muscle strength were improved significantly ($p < 0.05$) in the exercise group, but no significant change ($p > 0.05$) was found in the control group. Also, significant differences were found in improvement changes results between the two groups ($p < 0.05$).

Conclusion: Results of the study confirmed that preoperative training can have a beneficial effect on improving static and dynamic balance among female athletes with injured ACLs.
