Medical prescription of physical activity: Assessment of the experimentation conducted in Strasbourg

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Background.– The city of Strasbourg, France, experiments since November 2012 a new tool which allows patients to participate in free-fees physical activities after prescription of general practitioners.

Objective.– To measure the efficiency of this experimentation and particularly its effects on the quality of life.

Methods.– Patients of the study were included between March 2013 and June 2013. They had received prescription of physical activity from their general practitioner as a medical treatment, after checking exercise ability. They are suffering from diabetes, obesity or hypertension. They were sent to a sports coach who guided them towards adapted activities (walking, biking, fitness, swimming, aquagym, rowing, tai chi, qi gong). Patients evaluated answered the SF36 quality life questionnaire and the Ricci-Gagnon daily physical activity questionnaire. A six-minute walk test was realized. Participation in the activities was evaluated each month. After 6 months and 1 year, the same tests have to be realized again.

Results.– One hundred and twenty general practitioners and 500 patients entered the experimentation; 64 are included in this study. They are mostly women coming from disadvantaged areas.

Conclusion.– The experimentation led in Strasbourg proposes a system based on a general physician prescription. Endpoint results will be available in May–June 2014.

Bilateral fatigue fracture of the calcaneous: A case report

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Background.– The most common causes of heel pain are plantar fasciitis and heel spur syndrome. Fatigue fractures of the calcaneous are a rare cause of heel pain but this differential diagnosis should be considered in cases of acute onset of severe and persistent heel pain.

Observations.– In our case report, a 35-year-old male athlete, presented with bilateral mechanical heel pain, in August 2013. Due to persistent complaints a magnetic resonance imaging (MRI) was performed revealing bilateral stress calcaneous fracture.

Discussion.– Stress fractures are easily missed in traditional radiographs, on the other hand, MRI is a helpful tool in this diagnosis. These fractures are more common in soldiers and athletes. Physical medicine and rehabilitation doctors should be aware of this differential diagnosis.

Impact of physical exercise in dialysis patients

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Keywords: Dialysis; Physical exercise; Quality of life; Functional capacity