

T-BOW® Applications in Physiotherapy

by Gonzalo Cámara-Navarro



The versatility of the T-BOW® enhances its application in many fields within physiotherapy, such as the prevention and recovery of sports injuries, postural re-education, treatment with muscle chain methods or scoliosis treatments.

Applications of T-BOW® in Physiotherapy

The T-BOW®, as a multifunctional training element, allows us to take advantage of its characteristics to improve, expand and optimize physiotherapy treatments by integrating it into our usual intervention techniques.



Spine (spinal column)

The T-BOW® is a very useful tool in any spinal treatment, both to strengthen and stretch the muscles and to work on postural correction. The curvature of the T-BOW® in the arched step position provides us with an ideal anatomical adaptation for toning and stretching workout, and also offers us a greater range of movement compared to a flat surface. In this position we can work the phasic muscles, improving the dynamic capacities of the trunk muscles. Also, it is useful in the treatment of scoliosis, as well as in the application of treatment of muscular chains.

The very reactive instability of the arch in the seesaw position helps us in the work of the deep muscles, in charge of the tonic function, improving postural stability and helping us to boost intersegmental coordination that allows us better control of the mobile segment thanks to a greater fixed segment stability.



Muscle Toning

The options for muscle toning work in the extremities using the T-BOW® are very wide, since the two positions of the bow, together with the use of the T-Bands, multiply the variables of resistance, load level of the limbs and orientation. of them during toning work.

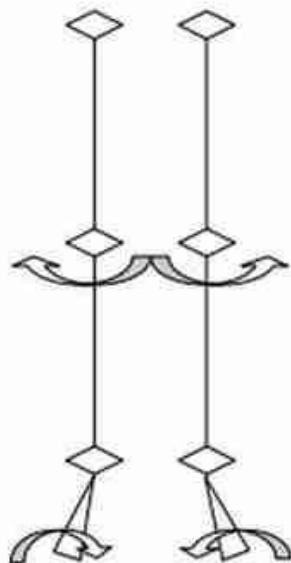


At the level of the lower limbs, it allows us to work in very early phases of recovery from knee injuries, working in a closed or semi-closed kinetic chain (CCC), favoring a coordinated work of agonists and antagonists that provides more physiological and stable movements. For example, in quadriceps toning exercises in CCC, the hamstrings are activated, which in anterior cruciate ligament injuries prevents the anterior displacement of the tibia, which would cause tension in the damaged or recently repaired ligament. Quadriceps toning exercises in CCC activate the pes goose tendons, reducing external rotation of the tibia, which would externally displace the patella during knee extension.



Injury Prevention and Correction

As the creator of the T-BOW®, Sandra Bonacina, points out, a particularly useful application of this multifunctional bow is to work on the correct functional alignment of the lower limb. Proper alignment of the hip-knee-ankle axis can correct and prevent a wide variety of musculoskeletal disorders such as piriformis syndrome, patellar chondropathy, and footpad misalignments.



Proprioception

The very reactive instability of the T-BOW® in rocker position, as well as the variations in the physiological alignment of the joints that we can perform in the arched step position, represents a very useful stimulus, both at the level of the mechanoreceptors, as well as the Central Nervous System. These uses of the T-BOW® combined with the use of the T-Bands as destabilizing external forces will substantially improve the proprioceptive and coordination skills of the patient.



Unlike other heavier instruments, with flat surfaces and soft contact parts, the T-BOW® has special advantages at the proprioceptive level: its elasticity makes it very reactive to any movement, its possibilities of stable and unstable support on its surfaces concave and convex and their narrow borders, which stimulate bilateral control of support and segmental differentiation. This reproduces the surfaces and biomechanical conditions in which we practice potentially harmful gestures.

Typical examples are the T-BOW® swings in support of feet or hands, as well as the use of the convex surface to work the proprioception of the ankle in monopodal support through coordination exercises, or the application of destabilizing forces with the T-Bands.



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Diploma in Physiotherapy and Graduated in Physiotherapy (Autonomous University of Madrid). Physiotherapist in the Spanish Basketball Federation (1997-2007), he has collaborated with the Spanish Swimming Federation, physiotherapist of motor racing drivers of different categories (2004-2017), COE physiotherapist.

Expert in motor control and therapeutic exercise for the cervical area and shoulder girdle.

Co-Founder & CEO at HEWEGO since 2019 and manager of Servi Physis since 2010.

Advisor and teaching physiotherapist at T-BOW® Fit since 2007, having created the motor rehabilitation, injury prevention and physiotherapy courses with T-BOW®.

Member of the EEB Sport Training Barcelona technical team.

