

# APPLIED RESEARCH BY YOUNG RESEARCHERS IN THE FIELD OF REHABILITATION

## CONFERENCE PROGRAM

22 May 2025

1:00 PM (GMT+ 3) Zoom Platform | Kaunas

Join the Zoom meeting using this link:

<https://zoom.us/j/94078826239>

### 13.00-14.00 PLENARY SESSION

#### 13.00 - 13.05 | Conference opening

Dr. Giedrė Jarienė, *Vice Dean for Science, Faculty of Medicine,  
Kauno kolegija Higher Education Institution*

#### 13.05 - 13.20 | Interactive and Robotic Technologies in Rehabilitation

Eglė Bastienė, *Sales Manager, Fysioline Lietuva*

#### 13.20 - 13.40 | Preventive Occupational Therapy Approaches for Stroke

Prof. Hulya Yucel, *University of Health Sciences, Türkiye*

#### 13.40 - 14.00 | Building a Network of OT Students Across Europe

Angela Lumpert Palacios, *SPOTeurope*

#### 14.00 - 17.00 | Work in Streams

(Please select a session for your breakout room).

#### 17.00 - 17.15 | Reflections and Discussion



## **I SESSION GROUP**

Moderators: Assoc. Prof. PhD Laura Žlibinaitė, *Kauno kolegija Higher Education Institution*. Prof. Hulya Yucel, *University of Health Sciences, Türkiye*

**14.00 - 14.15**

**The Role of Physical Activity in Preserving Muscle Strength and Body Composition in Older Women and Men**

Iveta Inčytė, *Kaunas kolegija Higher Education Institution*

**14.15 - 14.30**

**Developing Wheelchair Service Provision Skills in OT Education**

Eleni Papadaki, *University of West Attica, Greece*

**14.30 - 14.45**

**Effects of a 30-Minute Massage Session on Posterior Chain Flexibility and Lower Limb Posture**

Ilja Bliumenzon, *Lithuanian Sports University*

**14.45 - 15.00**

**The Impact of Online Shopping Habits of Working-Age Individuals on Activity Balance**

Vytautas Macijauskas, *Kaunas kolegija Higher Education Institution*

**15.00 - 15.15**

**The Effects of Core Muscle Training on Static Endurance of Trunk Muscles and Swimming Speed in 9–12-Year-Old Swimmers**

Justinas Pranciškevičius, *Kaunas kolegija Higher Education Institution*

**15.15 - 15.30**

**The Effect of Pole Sport Training on Grip Strength, Body Composition, and Shoulder Girdle Endurance in Adult Women**

Paulius Eidukevičius, *Kaunas kolegija Higher Education Institution*

**15.30 - 15.45**

**Ergonomic and Convenient Magnetic Clasp**

Ayşe Nur Güntap, Aslı Büşra Karabey, *University of Health Sciences, Türkiye*

**15.45 - 16.00**

**Effect of K-Tape on Post-Exercise Gastrocnemius Muscle-Tendon Recovery in Smokers vs. Non-Smokers: A Pilot Study**

Md Arshad Iqbal, *Lithuanian Sports University*

**16.00 - 16.15**

**The Impact of Occupational Therapy on Cognitive Function and Independence in Individuals with Dementia**

Arnas Milius, *Kaunas kolegija Higher Education Institution*

**16.15 - 16.30**

**The Impact of Interactive Technology Use on the Physical and Psychoemotional Well-being of Young Individuals**

Rokas Savickas, Raistė Vaištaraitė, *Kaunas kolegija Higher Education Institution*

**16.30 - 16.45**

**The Impact of Physical Activity on Sleep Quality**

Agnė Janina Keturakytė, Martynas Norvaišas, *Kaunas kolegija Higher Education Institution*

**16.45- 17.00 Assessment of Functional and Physical Condition in 8–9-Year-Old Children Attending Different Sports Clubs**

Jolita Kvecytė, *Kaunas kolegija Higher Education Institution*

## **II SESSION GROUP**

Moderators: PhD Ligita Šilinė, *Kauno kolegija Higher Education Institution*. Prof. PhD Manuel González Sánchez, *University of Malaga, Spain*

**14.00 - 14.15**

**The Hidden Cost of the Game: Investigating Injuries Among Young Football Players**

Simona Čėsnaitytė, *Kaunas kolegija Higher Education Institution*

**14.15 - 14.30**

**Comparative Study of Isometric vs. Isokinetic Exercise for Osteoarthritis Knee Rehabilitation: Systematic Review**

Rahul Rajendran, *Lithuanian Sports University*

**14.30 - 14.45**

**Effectiveness of Pelvic Floor Muscle Strengthening in the Treatment of Postpartum Incontinence**

Erika Mackevičiūtė, *Vilniaus Kolegija Higher Education Institution*

**14.45 - 15.00**

**The Connection Between Preschool Children's Retained Reflexes and Autonomy**

Kornelija Pinkevičiūtė, *Kaunas kolegija Higher Education Institution*

**15.00 - 15.15**

**The Effect of Post-Isometric Relaxation and Ischemic Compression on Sedentary Workers' Neck Range of Motion, Muscle Strength and Pain**

Kornelijus Arnašius, *Kaunas kolegija Higher Education Institution*

**15.15 - 15.30**

**Effects of Tension and Trauma Releasing Exercises Method on Autonomic Functions and Psychoemotional State in Individuals with Mental Health Disorders**

Ignas Čepulis, *Kaunas kolegija Higher Education Institution*

**15.30 - 15.45**

**Soil-Based Activity for Children**

Esma Nisa Yılmaz, Sümeyye Genç, *University of Health Sciences, Türkiye*

**15.45 - 16.00**

**The Effect of Physiotherapy Methods on Pelvic Girdle Pain During Pregnancy**

Rugilė Šulčiūtė, Jūratė Šulskytė, *Kaunas kolegija Higher Education Institution*

**16.00 - 16.15**

**The Impact of Exercise and Lego-Based Game Therapy on Stroke Patients' Motor Function of Upper Extremity, Cognitive Function and Quality of life**

Tetiana Trubnikova, *Panevėžio kolegija/State Higher Education Institution*

**16.15 - 16.30**

**The Effect of Physiotherapy on Pain and Functional Status in Men with Lumbar Radiculopathy**

Nojus Liutikas, *Kaunas kolegija Higher Education Institution*

**16.30 - 16.45**

**Assessment of Foot Arch, Ankle Position, and Balance in Relation to School Footwear in 8–9-Year-Old Children**

Goda Tamulynaitė, *Kaunas kolegija Higher Education Institution*

**16.45 - 17.00**

**The Impact of Resistance Training on the Cognitive Ability of the Elderly**

Marie Pullerits, *Tartu Applied Health Sciences University, Estonia*

### **III SESSION GROUP**

Moderators: Giedrė Sasnauskienė, *Kaunas kolegija Higher Education Institution*. Ivi Vaher, *Tartu Applied Health Sciences University*

**14.00 - 14.15**

**The Effect of Virtual Reality and Physiotherapy on Upper Limb Function and Self-Reliance in Stroke Patients**

Dovydas Gabrielaitis, *Kaunas kolegija Higher Education Institution*

**14.15 - 14.30**

**Perspectives of Artists Engaged in Handicrafts Professionally or as a Hobby on Recreational Activities**

Gamze Cagla Sirma, Sumeyye Sahisahin, *University of Health Sciences, Türkiye*

**14.30 - 14.45**

**Comparative Analysis of Fine Motor Skills in Children with Spina Bifida and Age-Matched Healthy Children**

Ana Baglajeva, *Lithuanian Sports University*

**14.45 - 15.00**

**The Impact of Social Networks on Adults' Activities**

Karolis Jaras, *Kaunas kolegija Higher Education Institution*

**15.00 - 15.15**

**The Effect of Physiotherapy with Virtual Reality on Functional Status and Pain Intensity in Working-Age Individuals with Chronic Low Back Pain**

Greta Klimaitė, *Kaunas kolegija Higher Education Institution*

**15.15 - 15.30**

**The Effect of Different Breathing Exercises on Chronic Low Back Pain, Disability Reduction, and Sleep Quality Improvement**

Germantė Šutinytė, *Kaunas kolegija Higher Education Institution*

**15.30 - 15.45**

**Use of an electronic device for post stroke hand rehabilitation**

Piotr Karolczyk, Jan Górski, *Medical University of Lodz, Poland*

**15.45 - 16.00**

**Interfaces of Adult Daily Life and Anxiety with Negative Childhood Experiences**

Dominga Urkytė, *Kaunas kolegija Higher Education Institution*

**16.00 - 16.15**

**Puppy Yoga: Impact on Human Physical and Mental Health**

Egidija Masionienė, *Kaunas kolegija Higher Education Institution*

**16.15 - 16.30**

**The Impact of the Lithuanian Riflemen's Summer Camp on Adolescents' Physical Fitness, Activity, and Sleep Quality**

Agnė Kisieliūtė, *Kaunas kolegija Higher Education Institution*

**16.30 - 16.45**

**Student Perspectives of the Practical Orthosis Courses in Occupational Therapy program: a Mixed Designed study**

Selen Aydoner Bektas, *Hacettepe University, Türkiye*

**16.45 - 17.00**

**Effects of Physiotherapy After Mastectomy: A Meta-Analysis**

Gabija Tumelionytė, Gustas Kasperavičius, *Kaunas kolegija Higher Education Institution*