

muscles, improving circulation, and increasing joint mobility, thus reducing the risk of injuries during physical activity. In contrast, moderate static stretching is performed outside the active phase of training and helps relax tense muscles, restore the body after effort, and prevent muscle soreness and contractures, supporting efficient recovery.

Conclusion(s). Our study has demonstrated that stretching is an essential part of athletes' preparation and one of the key elements in preventing sports injuries. Its integration into the training process should be individualized and adapted to the requirements of each specific sport.

Keywords: static stretching, dynamic stretching, injury prevention

THE IMPACT OF KINETIC TECHNIQUES IN THE MEDICAL REHABILITATION OF PEOPLE WITH VARICOSE VEIN DISEASE: A CLINICAL CASE REPORT

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Background. The most severe complication of varicose veins disease is acute varicothromboembolism (AVTP). Some specialists in the field are oriented towards surgical intervention to prevent complication and the risk of pulmonary embolism, conservatory treatment with the combination of physiotherapeutic methods.

Objective(s). The aim of this research was to evaluate the impact of active kinetic techniques in the medical and physio-functional rehabilitation of people with varicose disease.

Materials and methods. Patient with varicose disease of the MI, included in a two weeks physiofunctional program. Buerger gymnastics associated with breathing exercises, adjuvant treatment with lymphatic drainage techniques and strength/resistance training. Pain assessment by VAS scale, VAS score assessed by Likert scale, functional capacity estimated by TM6.

Results. At the end of two weeks of physiokinetic rehabilitation, the patient reported a significant decrease in pain intensity, with a VAS score from 6/10 to 4/10 conventional points. Also, the Likert scale score showed a decrease from 15 points initially to 8 points after the application of the functional treatment (on account of decreased edema and pain). The 6-minute walk test showed an increase in functional capacity. After the physiofunctional treatment the patient walked 54 meters more (the initial distance 432 meters, and the final distance – 486 meters) with a speed of 1.35 m/s compared to the initial 1.2m/s.

Conclusion(s). Our study has shown that the association of kinetic methods (Buerger gymnastics and breathing exercises) and their combination with other active and passive techniques (lymphatic drainage and strength/resistance training) improves the functional status of people with varicose vein disease.

Keywords: Buerger gymnastics, rehabilitation, varicose vein disease

CERVICAL COLLAR IN TRAUMA CONDITIONS: BETWEEN ROUTINE AND CLINICAL NECESSITY

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Background. The cervical collar is a standard component in the initial management of

polytrauma patients, intended to prevent secondary spinal cord injuries. However, its use must be clinically justified to avoid unnecessary immobilization. This applies during the primary exam in stage A within the ABCDE approach.

Objective(s). Justification for the use of cervical collars in traumatized patients during the primary examination in the prehospital stage and in the ED, to avoid possible secondary complications.

Materials and methods. The prospective study was conducted between 01.01.24 and 31.12.24, and included 190 traumatized patients, clinically and paraclinically approached in the ED in the red, yellow, and blue zones. The clinical criteria and the mechanism of trauma for the application of the cervical collar. The data were statistically and analytically processed.

Results. In 2024, in the ED, 190 traumatized patients transported by the 112-service benefited from qualified medical assistance: in the red zone 31,57% subjects, in the yellow zone 49,99%, in the blue zone 18,42%. Patients transported with a cervical immobilization constituted 57,89%, and without cervical immobilization 42,11%. Men were 68,42%, and women 31,58%. The average estimated age was $43,6 \pm 17,2$ years. Mechanism of trauma: in 55,79% - road accidents, catatrauma 24,74%, physical aggression 11,58%, unknown causes 7,89% cases. In 80% cervical trauma was confirmed, and in 20% of cases, this trauma and secondary spinal cord injuries were excluded.

Conclusion(s). The use of a cervicostat remains essential in most cases of polytrauma, and rational application, guided by validated clinical criteria and the mechanism of trauma, can improve patient comfort, reduce complications, and optimize resource utilization in emergency departments.

Keywords: cervical collar, trauma, emergency, immobilization,

THE KIDNEY–HEART AXIS IN CHRONIC HEART FAILURE: INSIGHTS INTO INTRARENAL HEMODYNAMICS

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Background. The renal resistance index (RRI) is a Doppler parameter used to assess renal perfusion, with proven prognostic value in heart failure. Recent studies show significant correlations between RRI and the severity of cardiac dysfunction, especially in heart failure with preserved ejection fraction.

Objective(s). Assessment of the correlation between conventional echocardiographic changes and intrarenal hemodynamic parameters in patients with heart failure with preserved ejection fraction.

Materials and methods. The study included 200 patients. Patients underwent transthoracic echocardiography with color and pulsed Doppler. Doppler ultrasound of the renal vessels was also performed, during which the following were determined: renal resistance index (RRI), renal pulsatility index (RPI), acceleration time (AT), renal volume (RV), and the RV/RRI ratio.

Results. In the analysis of the interdependence of the left heart cavity dimensions with intrarenal hemodynamic parameters, a statistically significant positive correlation of reasonable strength was noted between the anteroposterior diameter of the LA and RRI ($r = 0.436$, $p < 0.01$) with RPI ($r = 0.358$, $p < 0.01$), and a negative correlation with the RV/RRI ratio ($r = -0.208$, $p < 0.01$). Similarly, a significant correlation was found between the volume