



5 TH INTERNATIONAL SCIENTIFIC CONFERENCE

APPLIED RESEARCH WORKS OF YOUNG RESEARCHERS IN REHABILITATION 2026

CONFERENCE PROGRAM

21 May 2026

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

Join the Zoom meeting using this link:

<https://zoom.us/j/96796123301>

13.00-13.30 PLENARY SESSION

13.00 - 13.10 | Conference opening

PhD Aurelija Radzevičienė, *Dean of the Faculty of Medicine, Kauno kolegija Higher Education Institution, Lithuania*

Prof. PhD Mustafa Gerek, *Vice Rector of the University of Health Sciences, Turkey*

13.10 - 13.20 | Occupational and Life Balances of Mothers

Prof. PhD Hulya Yucel, *University of Health Sciences, Turkey*

13.20 - 13.30 | Integrating Rehabilitation and Nutrition in Clinical Practice and Research

Assoc. Prof. PhD Hiroyasu Murata, *Tartu Applied Health Sciences University, Estonia*

13.30 - 16.45 | Work in Streams

(Please select a session for your breakout room).

16.45 - 17.00 | Reflections and Discussion



I SESSION GROUP

Moderators: PhD student Melike Selin İkinci Kaya, *University of Health Sciences, Turkey*

Dainė Krasuckienė, *Kauno kolegija Higher Education Institution, Lithuania*

13.30 - 13.45 Two Years of Persistent Dizziness After Head Trauma: Outcomes of Delayed Vestibular Rehabilitation. Agnė Janina Keturakytė, *Kauno kolegija Higher Education Institution, Lithuania*

13.45 - 14.00 The Role of Cardiac Rehabilitation in Modifying Cardiometabolic Risk and Disease Progression in Type 2 Diabetes. Austė Gintilaitė, Edvardas Grišinas, *Lithuanian University of Health Sciences, Lithuania*

14.00 - 14.15 Integration between Architecture and Nature Reserves. Hala Mryan, *Jordan University of Science and Technology, Jordan*

14.15 - 14.30 Relationship between Physical Activity, Body Composition, and Lower Limb Function Among Students of Different Study Programs. Armandas Zimka, *Kauno kolegija Higher Education Institution, Lithuania*

14.30 - 14.45 Effects of Conventional Therapy vs Robotic-Assisted Gait Training on Gait Parameters and Functional Outcomes in Stroke Patients: a Systematic Review and Meta-Analysis. Naresh Rangarajan, *Lithuanian Sports University, Lithuania*

14.45 - 15.00 The Effects of Dance-Movement Sessions and Physiotherapy on Fall Risk, Balance, and Quality of Life in Older Women. Julija Januškauskaitė, *Kauno kolegija Higher Education Institution, Lithuania*

15.00 - 15.15 The Impact of Color on Children with Autism Spectrum Disorder in Occupational Therapy. Rebeka Nikitinaitė, *Kauno kolegija Higher Education Institution, Lithuania*

15.15 - 15.30 The Association between Lower Back Pain and Hamstring and Quadriceps Muscle Strength in Lithuanian National Defence Volunteers. Evaldas Žemaitis, *Lithuanian Sports University, Lithuania*

15.30 - 15.45 The Relationship between the Duration of Remote Work and Physical Activity, Musculoskeletal System Condition, Emotional State and Sleep Quality. Germantė Šutinytė, *Kauno kolegija Higher Education Institution, Lithuania*

15.45 - 16.00 Enhancing Functional Activity and Self-Control of Patients with Low Back Pain Through the McKenzie Method. Ihor Khudoba, *Sumy State University, Ukraine*

16.00 - 16.15 Effects of Trauma on Sensory Processing in Women Exposed to Violence. Betül Çelik, Sueda Okumus, *University of Health Sciences, Turkey*

16.15 - 16.30 Physical Capacity, Movement Quality, and Asymmetry in 11-13-Year-Old Basketball Players: Implications for Injury Prevention. Sandra Rastapkevičiūtė, *Kauno kolegija Higher Education Institution, Lithuania*

16.30 - 16.45 The Effect of Different Physiotherapy Methods on Balance, Gait, and Fall Risk in Elderly Women. Rugilė Šulčiūtė, *Kauno kolegija Higher Education Institution, Lithuania*

II SESSION GROUP

Moderators: Prof. PhD Luis Nuno Sancho Ribeiro, *University of Aveiro, Portugal*

PhD student Kubra Ersoy Temiz, *University of Health Sciences, Turkey*

13.30 - 13.45 Lower Urinary Tract Symptoms in Multiple Sclerosis: A Determinant of Quality of Life and an Opportunity for Physiotherapy. Cyril Grus, Macej Michal, Jakub Čuj, Nechvátal Pavol, *University of Prešov, Slovakia*

13.45 - 14.00 The Effect of a Soccer Match on Balance and Vertical Jump Performance in Adolescents in Relation to Match Intensity. Rusnė Drulytė, *Kauno kolegija Higher Education Institution, Lithuania*

14.00 - 14.15 The Effect of the Perfetti Method on Motor and Cognitive Function in the Upper Limbs of Individuals Who Have Suffered a Stroke. Migle Barauskaitė, *Kauno kolegija Higher Education Institution, Lithuania*

14.15 - 14.30 Comparison of Virtual Reality Therapy Versus Non-Gamified Robotic Therapy For Upper Limb Motor Recovery After Stroke: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Joshua Daniel Michael Solomon, *Lithuanian Sports University, Lithuania*

14.30 - 14.45 Investigation of the Relationship between Ergonomics and Occupational Balance in Mothers Applying Sensory. Ayse Selcen Cetin, Hülya Yücel, *University of Health Sciences, Turkey*

14.45 - 15.00 Static and Dynamic Strength Exercise Effect on 15-17 Year Old Basketball Players' Physical Attributes. Gustas Kasperavičius, *Kauno kolegija Higher Education Institution, Lithuania*

15.00 - 15.15 BMI and Metabolic Markers in Obese Men: Physical Activity and Quality of Life. Austė Gintilaitė, Gabija Medvedevaitė, *Lithuanian University of Health Sciences, Lithuania*

15.15 - 15.30 Effects of the Relationship between Daily Life Balance and Life Satisfaction in Young Adult Amateur Swimmers. Hayrunnisa Karalı, Betül Yavuz, *University of Health Sciences, Turkey*

15.30 - 15.45 The Effects of Eccentric Exercises on Hip Function, Muscle Strength and Functional Status in Young Football Players. Iveta Inčytė, *Kauno kolegija Higher Education Institution, Lithuania*

15.45 - 16.00 Lighting Conditions in Learning and Work Environments: Effects on Daily Functioning and Activity Balance. Gabija Morkūnaitė, *Kauno kolegija Higher Education Institution, Lithuania*

16.00 - 16.15 Subjective Well-Being After Sauna Bathing: Associations with Frequency and Duration. Viltė Paplauskė, *Kauno kolegija Higher Education Institution, Lithuania*

16.15 - 16.30 Assessment of Functional and Physical Condition of Adolescent Male Football Players in Different Playing Positions and Its Relationship with Injuries Experienced Over the Past 12 Months. Simona Čėsnaitytė, *Kauno kolegija Higher Education Institution, Lithuania*

16.30 - 16.45 The Impact of Balance Training and Lower Limb Strength Exercises on Fall Risk and Quality of Life in Older Adults. Dominykas Ražanauskas, *Kauno kolegija Higher Education Institution, Lithuania*

III SESSION GROUP

Moderators: Prof. PhD Manuel González Sánchez, *University of Malaga, Spain*

Evaldas Stanionis, PT student, *Kauno kolegija Higher Education Institution, Lithuania*

13.30 - 13.45 Normative Values and Reference Equations for Maximum Inspiratory Pressure in Healthy Adults. Sofia Costa, *Higher School of Health Fernando Pessoa, Portugal*

13.45 - 14.00 Analysis of the Impact of Aqua Fitness on Upper Limb Fitness Parameters in the Elderly. Marta Sil, Emilia Kalinowska, Sandra Kowalska, *WSB Merito University in Gdansk, Poland*

14.00 - 14.15 The Relationship between Ankle Joint Mobility and Dynamic Balance in Adults Aged 65-75. Gabija Tumelionytė, *Kauno kolegija Higher Education Institution, Lithuania*

14.15 - 14.30 Occupational Therapy Based Quality of Life School Application for University Administrative Staff. Sila Tay, Tunahan Kara, *University of Health Sciences, Turkey*

14.30 - 14.45 Assistive Technology Products Used by People with Cancer to Enhance their Participation in Occupations: A Literature Review. Maria Chatzistavrou, Ioanna Pagani, Christina Athanasopoulou, *University of West Attica, Greece*

14.45 - 15.00 The Impact of Gamification Elements on the Fine Motor Skills and Writing Skills of Preschool Children with Specific Developmental Disorders. Miglė Kupstaitytė, *Kauno kolegija Higher Education Institution, Lithuania*

15.00 - 15.15 Effectiveness of Wearable Sensor-Based Interventions on Upper Limb Function After Stroke: a Systematic Review and Meta-Analysis. Alaa Mohamed Kilany Ahmed Heiba, *Lithuanian Sports University, Lithuania*

15.15 - 15.30 Knee Joint Function, Changes and Comparisons in Range of Motion, Muscle Strength and Pain Scores in Physically Active Individuals Following a Traumatic Meniscus Tear Using Functional and Resistance Training. Ignas Mačiulaitis, *Lithuanian University of Health Sciences, Lithuania*

15.30 - 15.45 The Relationship between Knowledge and Attitudes About Sarcopenia and Muscle Strength in Older Adults. Jūratė Šulskytė, *Kauno kolegija Higher Education Institution, Lithuania*

15.45 - 16.00 The Clinical Efficacy of Eccentric Loading Versus Extracorporeal Shockwave Therapy for Chronic Achilles Tendinopathy: a Systematic Review and Meta-Analysis. Aastha Sobti, *Lithuanian Sports University, Lithuania*

16.00 - 16.15 Data-Driven Healing: Integrating Machine Learning in Cardiology-A Literature Review. Gabija Medvedevaitė, Austė Gintilaitė, *Lithuanian University of Health Sciences, Lithuania*

16.15 - 16.30 Changes in Quadriceps Contractile Properties Following Repeated Depth Jumps: A Pilot Study. Tomas Urbanovičius, *Kauno kolegija Higher Education Institution, Lithuania*

16.30 - 16.45 Snowboarding Biomechanics and Injury Prevention Recommendations. Valentina Korkina, Viltė Paplauskė, *Kauno kolegija Higher Education Institution, Lithuania*

IV SESSION GROUP

Moderators: Giedrė Sasnauskienė, *Kauno kolegija Higher Education Institution, Lithuania*

Kotryna Banaitytė, OT student, *Kauno kolegija Higher Education Institution, Lithuania*

13.30 - 13.45 Acute Effects of Static and Dynamic Stretching on Quadriceps Contractile Properties: A Pilot Study. Matas Vainutis, *Kauno kolegija Higher Education Institution, Lithuania*

13.45 - 14.00 The Use of Generative Artificial Intelligence in Occupational Therapy Practice: A Narrative Literature Review. Maria Ioannidou, Christina Athanasopoulou, *University of West Attica, Greece*

14.00 - 14.15 Effects of Time Management and Burnout Levels of Mothers Caring for Children with Special Needs. Yağmur Metiner, Hülya Yücel, *University of Health Sciences, Turkey*

14.15 - 14.30 Effectiveness of Kinesio Taping on Pain, Disability and Cervical Range of Motion in Adults with Neck Pain: A Systematic Review. Adham Barakat, *Lithuanian Sports University, Lithuania*

14.30 - 14.45 The Effect of Interactive Games on the Attention Span and Engagement in Educational Activities of Preschool Children with Special Educational Needs. Vestina Janušonytė, *Kauno kolegija Higher Education Institution, Lithuania*

14.45 - 15.00 Quality of Life and Functional Status in Individuals with Persistent Post-COVID Symptoms. Michal Macej, Cyril Grus, Katarína Hnatová, Lucia Demjanovič Kendrová, Peter Takáč, *University of Prešov, Slovakia*

15.00 - 15.15 The Effect of a Neuromuscular Program on Movement Control Quality and Injury Risk Indicators in 14-16-Year-Old Basketball Players During the Growth Spurt Period. Domantas Jasudavičius, *Kauno kolegija Higher Education Institution, Lithuania*

15.15 - 15.30 Effects of Core Stability and Deep Muscle Activation on Athletic Performance and Injury Prevention: A Literature Review. Ahmed Osama Moustafa Elhanafi Mohamed, *Lithuanian Sports University, Lithuania*

15.30 - 15.45 Occupational Therapy in Dementia Care: A Review of Current Evidence. Shtokovetska Nataliia, Oleksandra Kalinkina, Balazh Mariia, *National University of Ukraine on Physical Education and Sport, Ukraine*

15.45 - 16.00 The Effects of Physiotherapy-Based Physical Training on Cognitive Fatigue in Multiple Sclerosis: A Systematic Review. Muhammad Ahmed Bashir, *Lithuanian Sports University, Lithuania*

16.00 - 16.15 Physical Activity and Health-Related Behaviours: Insights from a Survey Study. Smiltė Jocytė, Indrė Kšivickaitė, *Kauno kolegija Higher Education Institution, Lithuania*

16.15 - 16.30 The Impact of Aerobic Walking in a Natural Environment on the Physical Capacity, Emotional State and Menopausal Symptoms of Women Aged 50-60. Miglė Kuzmaitė, *Kauno kolegija Higher Education Institution, Lithuania*

16.30 - 16.45 Analysis of Daily Activities of Individuals Under Hospice Care. Greta Varnelytė, *Kauno kolegija Higher Education Institution, Lithuania*