

**Programme of the 2nd International Conference “Rehabilitation and Health  
Promotion: Future Perspectives”**

**April 16–17<sup>th</sup>, 2026**

**Lithuanian Sports University (Kaunas, Sporto St. 6)**

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***16 April 2026, Thursday***

Assembly Hall 301, Building II, Sporto St. 6, Kaunas

**9:00–10:00** Registration

**10:00–10:30** Opening Ceremony

**Panel 1 – Digital Frontiers in Health and Learning**

**10:30–10:50**

- Javier Jerez-Roig (Spain) – *KOKU Bladder: An eHealth Programme to Promote Bladder Health and Manage Urinary Incontinence During Ageing*

**10:50–11:10**

- Niina Katajapuu (Finland) – *Importance of Rehabilitees’ and Rehabilitation Professionals’ Voices in the Development of AI-Based Virtual Assistants*

**11:10–11:30**

- Gizem Irem Kinikli (Turkey) – *Collaborative Online International Learning (COIL): Bridging Borders in Rehabilitation*

**11:30–11:40** Discussion

 **11:40–12:00** COFFEE BREAK

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**Panel 2 – Exercise Across Life Stages**

**12:00–12:20**

- Anna Szumilewicz (Poland) – *Intense Exercise During Pregnancy – Debunking Myths With Evidence-Based Recommendations and the HIIT Mama Project Outcomes*


**12:20–12:40**

- John Xerri de Caro (Malta) – *Promoting Physical Activity in the Retirement Transition – Designing a Lifestyle Intervention Programme*

**12:40–13:00**

- Barış Gürpınar (Turkey) – *Beyond Exercise: Benefits of Aquatherapy in Ageing*

**13:00–13:10** Discussion

 **13:10–14:30** LUNCH

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### **Panel 3 – Wellbeing and Sustainable Futures**

**14:30–14:50**

- Marion Karppi (Finland) – *Promoting Wellbeing at Work – Case of Professional Kitchens*

**14:50–15:10**

- Bart Roelands (Belgium) – *The Interaction Between Mental and Physical Fatigue*

**15:10–15:30**

- Andrea Ribeiro (Portugal) – *Building a Sustainable Future Through Physiotherapy and Environmental Health*

**15:30–15:50**

- Josephine Morris (United Kingdom) – *The Quadruple Threat: Orchestrating Clinical, Research, Education, and Leadership to Elevate Community Health and Wellness*

**15:50–16:00** Discussion

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*17 April 2026, Friday*

### **09:30–12:00 ORAL PRESENTATIONS IN PARALLEL SECTIONS**

Presentation time: 5–7 min for presentation and 3 min for questions

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#### **Section 1 – Rehabilitation and Physiotherapy Interventions**

Room 232, Main Building, Sporto St. 6, Kaunas

Chairpersons: **Dr. Edgaras Lapinskas, Dr. Dovilė Kielė**

**09:30–09:40** Umer Rasheed – *The Effect of Resistance Training on Intrinsic Capacity of Older Adults*

**09:40–09:50** Kajus Želvys – *Effects of Aquatic Exercise Programme and Massage on Pain Intensity and Muscle Elastic Properties in Chronic Nonspecific Low Back Pain: A Pilot Study*

**09:50–10:00** Mantas Šapranauskas – *Effect of an 8-Week Physiotherapy Exercise Programme on Neck Pain and Functional Outcomes in Office Workers*

**10:00–10:10** Viktorija Pauliukonė – *Effects of Balance Training and Stabilisation Exercises on Static and Dynamic Balance in Individuals With Tension-Type Headache*

**10:10–10:20** Sruthi Antony Raj – *Immediate Effects of Ankle Kinesiotaping on Static and Dynamic Balance in Healthy Asymptomatic Adults*

☉ **10:20–10:40** COFFEE BREAK

**10:40–10:50** Gabrielė Šegždaitė – *The Effect of Physiotherapy on Pain and Disability in Patients With Lumbar Spinal Stenosis*

**10:50–11:00** Alma Mikelionė – *The Effects of an 8-Week Training Programme on Physical Fitness and Social Communication in 10-Year-Old Children With Autism Spectrum Disorder*

**11:00–11:10** Zbigniew Ossowski – *Impact of Resistance-Aerobic Bungy Pump Training on Sarcopenia-Related Parameters in Postmenopausal Women*

**11:10–11:20** Barış Gürpınar – *Effects of Water Immersion on Respiratory Muscle Strength in Children With Duchenne Muscular Dystrophy: A Pilot Study*

**11:20–11:30** Aurėja Daugėlaitė – *The Correlations Between the Mechanical Properties of Masticatory Muscles and Cranio-Cervical Posture*

**11:30–11:40** Nuriye Özengin – *The Effect of the Number of Biofeedback Training Sessions on Urinary Symptoms and Muscle Strength in Women With Urinary Incontinence: A Pilot Study*

**11:40–11:50** Ceylin Bostan – *Investigation of the Relationship Between Sensory Processing Patterns, Biopsychosocial Status, and Menstrual Symptom Severity in University Students With Dysmenorrhoea*

**11:50–12:00** Katarzyna Ogrodzka-Ciechanowicz – *Assessment of Isokinetic Strength, Shoulder Range of Motion, and Functional Outcomes in Patients Following Reverse Shoulder Arthroplasty in the Late Follow-Up Period*

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## **Section 2 – Public Health, Physical Activity, and Quality of Life**

Room 215, Main Building, Sporto St. 6, Kaunas

Chairpersons: **Dr. Saulė Salatkaitė-Urbonė, Dr. Vida Ostasevičienė**

**09:30–09:40** Matanat Abasova – *Is Obesity Increasing Among Azerbaijan Population? A Data-Driven Analysis of BMI Trends in Azerbaijan*

**09:40–09:50** Imran Ullah Khan – *Associations Between Occupational and Leisure-Time Physical Activity and Health-Related Quality of Life Among Working Women Aged 35–65*

**09:50–10:00** Grzegorz Bednarczuk – *Fundamental Motor Skills in Terms of Locomotion of Youth With Visual Impairments*

**10:00–10:10** Anželika Dekontaitė – *School-Related Challenges Among Adolescent Cancer Survivors: Associations Between Physical Activity, Emotional Wellbeing, Post-Traumatic Growth, and Quality of Life*

**10:10–10:20** Sardar Safikhanov – *Impact of Higher Academic Status on Quality of Life Among Athletes in Azerbaijan: A Comparative Mixed-Methods Study*

☉ **10:20–10:40** COFFEE BREAK

**10:40–10:50** Desire Eyo – *Health-Related Quality of Life Among Industrial Workers Experiencing Low Back Pain*

**10:50–11:00** Virmantas Juodis – *Physical Activity During Haemodialysis is Associated With Improved Functional Capacity and Reduced Depression: A 15-Month Study From Two Dialysis Centres*

**11:00–11:10** Subboh Mushtaq – *Health Literacy Interventions and Their Effects on Health Outcomes: A Critical Analysis*

**11:10–11:20** Svaja Vingienė – *Mental Health Literacy of 9th–10th Grade Students and Its Associations With Health Behaviour*

**11:20–11:30** Seda Ayaz Taş – *Active Campus: Improving Physical Literacy Among University Students*

**11:30–11:40** Vipin Bahuleyan – *Acute Effects of Sleep Deprivation on Domain-Specific Cognitive Performance in Young Adults*

**11:40–11:50** Delina Neidorf – *The Relationship Between Social Media Use and Body Image Perceptions in Individuals With Physical Disabilities*

**11:50–12:00** Monika Wiech – *Effects of a Single Session of Health-Related Aquatic Versus Land-Based Training on Mood States in Elderly Women*

**12:00–12:10** Ieva Petkutė – *The Wellbeing and Lived Care Experiences of Family Care Partners of People Living With Dementia: A Case Study of Photovoice Practice in Lithuania*

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### **Section 3 – Technology, Neuroscience, and Human Performance**

Room 301, Main Building, Sporto St. 6, Kaunas

Chairpersons: **Dr. Rima Solianik, Dr. Gintarė Daukšaitė**

**09:30–09:40** Greta Būtėnaitė – *Design Requirements for a Pelvic-Floor eHealth Solution: Findings From Multinational Focus Groups*

**09:40–09:50** Erika Karkauskienė – *Feasibility, Acceptability, and Preliminary Biopsychosocial Effects of a Co-Designed Physical Activity Programme for Nursing Home Residents: The Join4Joy Pilot Study*

**09:50–10:00** Arzu Qasimovna – *The Impact of the Menstrual Cycle on Psychological State and Perceived Sports Performance in Female Athletes*

**10:00–10:10** Greta Bačiūnaitė – *The Effect of Dance Therapy on Psychoemotional State, Cognitive Functions, and Fast and Accurate Movement Learning of Elderly Persons*

**10:10–10:20** Priscilla Adesuwa Osagiede – *Influence of Mental Fatigue on the Academic Performance of Final Year Medical Students in Lithuania: A Cross-Sectional Study*

 **10:20–10:40** COFFEE BREAK

**10:40–10:50** Kubra Tatar – *The Impact of Mobile Phone Use on Cognitive Function*

**10:50–11:00** İsa Göçmen – *Use of Information and Communication Technologies and Health Behaviours in Elite Combat Sport Athletes*

**11:00–11:10** Mohandas Arepura Papaiah – *Consumer Attitudes and Acceptance of Smart Technologies in Sports: A Consumer Perspective*

**11:10–11:20** Gunel Aslanova – *Gender Myths and Gender-Based Violence: Implications for Counselling Practice*

**11:20–11:30** Rajan Sathish – *Adaptive Regulation in Precision Sport: A Multimodal Study of Cognitive, Autonomic, and Motor Integration*

**11:30–11:40** Domas Pauliukevičius – *Real-World Longitudinal Sleep Changes Associated With a Wearable Transcutaneous Vagus Nerve Stimulation Device: Analysis of Consumer Data From the United States*

**11:40–11:50** Samrah Saeed – *Association of Problematic Internet Use With Movement Proficiency, Physical Activity, and Cognitive Abilities in Adolescents*

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## **Section 4 – Systematic Reviews and Evidence Synthesis**

Physiotherapy Hall, Perkūno Ave. 3, Kaunas

Chairpersons: **Dr. Andrius Šatas, Dr. Nerijus Eimantas, Dr. Kwok Ng**

**09:30–09:40** Priya Sankarathil Babu – *A Systematised Study on the Effectiveness of Balance Training for Enhancing Postural Stability in Patients With Lumbar Spondylosis*

**09:40–09:50** Mayadevi Usha – *Effectiveness of Kinesiology-Based Exercise Protocols in the Management of Low Back Pain: A Systematised Review*

**09:50–10:00** Juan Sebastian Bustos Carvajal – *Effects of Core Training on Athletic Performance: A Comprehensive Synthesis of Systematic Reviews and Meta-Analyses*

**10:00–10:10** Khan Sajawal – *Comparative Effectiveness of Kinesio Taping and Manual Therapy in the Management of Lateral Epicondylitis: A Systematic Review and Meta-Analysis*

**10:10–10:20** Javidan Mammadov – *Treatment Approaches for Medial Collateral Ligament Injuries in Athletes: The Place of Physical Agents in Current Rehabilitation Practice*

☉ **10:20–10:40** COFFEE BREAK

**10:40–10:50** Emeka Olisa Emmanuel – *The Effects of Different Physiotherapy Interventions on Achilles Tendon Morphology and Function in Patients With Achilles Tendinopathy: Literature Review*

**10:50–11:00** Harshini Anandan – *Effectiveness of Static and Dynamic Hamstring Stretching on Performance, Flexibility, and Injury Prevention in Recreational Active Individuals*

**11:00–11:10** Silvija Miškauskaitė – *Systematic Literature Search for Social Impact in Physical Education: Development and Application of a Search Strategy*

**11:10–11:20** Christo Babu – *A Systematic Review: The Feasibility of Robot-Assisted Upper Limb Rehabilitation in Traumatic Brain Injury*

**11:20–11:30** Tenzin Seldon – *Effectiveness of Virtual Reality-Based Exercise and Exergames on Physical Function, Motivation, and Adherence in Adults Aged 50 Years or Older Compared to Conventional Exercise: A Systematic Literature Review*

**11:30–11:40** Taher Mohamed Hanfy – *Effectiveness of Suit-Based Orthotic Therapy for Improving Motor Function in Children With Cerebral Palsy: A Systematic Review of Studies Published Between 2020 and 2025*

**11:40–11:50** Ali Mushtaq – *Effects of Physiotherapy Interventions on Sleep Quality in Patients With Chronic Musculoskeletal Pain: A Systematic Review*

**11:50–12:00** Ullah Ihsan – *Proprioceptive Neuromuscular Facilitation Versus Elastic-Band Exercises for Upper Limb Rehabilitation After Stroke: A Systematic Review*