

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

16–17 April 2026

Lithuanian Sports University (Kaunas, Sporto St. 6)

16 April 2026, Thursday

Assembly Hall 308, 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

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*



REABILITACIJOS MOKSLAI

Slauga, kineziterapija, ergoterapija

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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**

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

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

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*

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

09:40–09:50 Seda Ayaz Taş – *Active Campus: Improving Physical Literacy Among University Students*

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

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

11:30–11:40 Monika Wiech – *Effects of a Single Session of Health-Related Aquatic Versus Land-Based Training on Mood States in Elderly Women*

11:40–11:50 Matanat Abasova – *Is Obesity Increasing Among Azerbaijan Population? A Data-Driven Analysis of BMI Trends in Azerbaijan*

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

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

11:20–11:30 Samrah Saeed – *Association of Problematic Internet Use With Movement Proficiency, Physical Activity, and Cognitive Abilities in Adolescents*

Section 4 – Systematic Reviews and Evidence Synthesis

Physiotherapy Hall, Perkūno Ave. 3, Kaunas

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

We would like to kindly inform presenters in Section 4 that they will receive both a conference participation certificate and a presenter certificate. However, their abstracts will not be included in the abstract book. Please note that only submissions reporting original research are eligible for publication in the abstract book.

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

09:50–10:00 Ullah Ihsan – *Proprioceptive Neuromuscular Facilitation Versus Elastic-Band Exercises for Upper Limb Rehabilitation After Stroke: A Systematic Review*

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

● **10:20–10:40** COFFEE BREAK

10:40–10:50 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*

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

11:30–11:40 Javidan Mammadov – *Treatment Approaches for Medial Collateral Ligament Injuries in Athletes: The Place of Physical Agents in Current Rehabilitation Practice*