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**drd. Antohe Bogdan Alexadru**  
**Lista contribuțiilor științifice și de cercetare**

| <b>A Teza de doctorat</b>  |           |   |  |
|--|-----------|---|--|
|  | <b>A1</b> | <b>Contribuția exercițiilor proprioceptive la restabilirea echilibrului muscular agonist-antagonist și optimizarea controlului motor în entorsa de gleznă la handbaliști</b>  | Doctor în Științele Motricității Umane, Universitatea Națională de Educație fizică și Sport, București<br>Conducător științific:<br>Prof.univ.dr. Rață Gloria                          |
| <b>B Cărți publicate în edituri naționale, recunoscute CNCS, internaționale și capitole în cărți (articole în volumele cu ISBN)</b>            |           |   |  |
|  | <b>B1</b> | <b>Entorsa de Glezna în Handbalul de Performanță, fundamentarea teoretică privind etiologia, cauzele, diagnosticul și tratamentul entorsei de gleznă</b><br>Autor: Antohe Bogdan-Alexandru  | Editura RISOPRINT, Cluj-Napoca, 2023,<br>ISBN: 978-973-53-3019-4   |
|  | <b>B2</b> | <b>Ghid cu programe de exerciții fizice profilactice</b><br>Autori: Sava Mihai-Adrian, Vulpe Ana-Maria, Voinea Nicolae-Lucian, Ciuntea Mihai-Lucian, Pavel Silviu-Ioan, Gorgan Carmina-Mihaela, Milon Alexandra-Gabriela, Antohe Bogdan-Alexandru | Editura RISOPRINT, Cluj-Napoca, 2022,<br>ISBN 978-973-53-2971-6.   |
| <b>C Articole in-extenso publicate în reviste cotate ISI (cu sau fără factor de impact) sau în volumele “proceedings” indexate ISI Thomson</b> |           |   |  |
|  | <b>C1</b> | <b>Morpho-functional implications of myofascial stretching applied to muscle chains: A case study</b>   | Rață B. C-tin, Rață M. Antohe B.<br>Journal of Back and Musculoskeletal Rehabilitation, vol. Pre-press, no. Pre-press, pp. 1-9, 2018, DOI: 10.3233/BMR-170998                          |
|  | <b>C2</b> | <b>Muscle coactivation index in the ankle joint on different support surfaces</b>   | Antohe Bogdan, Rață Marinela, Rață Bogdan<br>ISSN 1844-6272,<br>DOI: 10.15405/epsbs.2019.08.03.114   |
|  | <b>C3</b> | <b>Proprioceptive exercises and their role in improving static and dynamic joint stability in ankle sprains in handball players</b>   | Antohe Bogdan, Rață Marinela, Rață Bogdan, Rață Gloria<br>Science & Sports,<br><a href="https://doi.org/10.1016/j.scispo.2022.09.005">https://doi.org/10.1016/j.scispo.2022.09.005</a> |
|  | <b>C4</b> | <b>Effect of joint distraction exercises with elastic band during warm-up on</b>  | Erhan Toprak Çağlın, Mertcan Damat, Huseyin Sahin<br>European Journal of Human Movement, vol. 50 (2023). DOI: 10.21134/eurjhm.2023.50.3  |

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|--|-----------|---|--|--|
|  |           | <b>maximum strength performance in male bodybuilders: A cross-sectional study</b>                         | Uysal,<br>Sezgin Korkmaz,<br>Bogdan-Alexandru<br>Antohe        |  |
| <b>D Articole in-extenso publicate în reviste indexate BDI sau în volumele „proceedings” indexate BDI</b>                |           |   |  |  |
|  | <b>D1</b> | <b>Muscle injury in sports activity – etiology,classification and treatment</b>                           | Antohe Bogdan,<br>Rață Marinela,<br>Rață Bogdan<br>Rață Gloria | Bulletin of the Transilvania University of Brașov Series IX: Sciences of Human Kinetics •Vol. 15(64) No. 2 –2022<br><a href="https://doi.org/10.31926/but.shk.2022.15.64.2.2">https://doi.org/10.31926/but.shk.2022.15.64.2.2</a>  |
|  | <b>D2</b> | <b>The role of muscle activation index in motor control - a theoretical presentation</b>                  | Antohe Bogdan,<br>Rață Marinela,<br>Rață Gloria                | Discobolul, Volume 59, Issue 1, 2020<br><a href="https://doi.org/10.35189/dpeskj.2020.59.1.3">https://doi.org/10.35189/dpeskj.2020.59.1.3</a>  |
|  | <b>D3</b> | <b>Reducing the muscle chain hypertonia through myofascial techniques in athletes</b>                     | Antohe Bogdan,<br>Rață Gloria,<br>Rață Marinela                | Discobolul, Volume 59, Issue 2, 2020<br><a href="https://doi.org/10.35189/dpeskj.2020.59.2.9">https://doi.org/10.35189/dpeskj.2020.59.2.9</a>  |
|  | <b>D4</b> | <b>Muscle Coactivation Index Improvement in Junior Handball Players by Using Proprioceptive Exercises</b> | Antohe Bogdan,<br>Rață Marinela<br>Rață Gloria                 | BRAIN. Broad Research in Artificial Intelligence and Neuroscience, 11(4Sup1), 01-12, 2021.<br><a href="https://doi.org/10.18662/brain/11.4Sup1/152;">https://doi.org/10.18662/brain/11.4Sup1/152;</a><br><a href="https://lumenpublishing.com/journals/index.php/brain/article/view/3727">https://lumenpublishing.com/journals/index.php/brain/article/view/3727</a> |
| <b>E Articole în-extenso publicate în revistele sau volumele unor conferințe internaționale (neindexate ISI sau BDI)</b> |           |   |  |  |
|  | <b>E1</b> | <b>A Comparative Study on Neuromotor Development in Twins</b>   | Antohe Bogdan  | Bulletin of the Transilvania University of Brasov. Series IX: Sciences of Human Kinetics. Vol. 11 (60) No.2 – 2018,<br><a href="http://webbut.unitbv.ro/BU2018/Series%20IX/2018/BULETIN%20I/27_ ANTOHE_refacut.pdf">http://webbut.unitbv.ro/BU2018/Series%20IX/2018/BULETIN%20I/27_ ANTOHE_refacut.pdf</a>   |
|  | <b>E2</b> | <b>Efficiency of the Schroth and Vojta Therapies in Adolescents with Idiopathic Scoliosis</b>             | Rață Marinela<br>Antohe Bogdan                                 | Gymnasium (online) = ISSN 2344–5645 Vol XVIII Issue 1 (2017),<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/12">http://www.gymnasium.ub.ro/index.php/journal/article/view/12</a>   |
|  | <b>E3</b> | <b>Eficiența reeducării senzorio-motrice în entorsa de gleznă la handbaliste</b>                          | Rață Marinela,<br>Antohe Bogdan                                | Sp. Soc. Int. J. Ph. Ed. Sp. 2015 – Vol. 1, Issue 2,<br><a href="https://journals.indexcopernicus.com/search/article?articleId=616121">https://journals.indexcopernicus.com/search/article?articleId=616121</a>  |
|  | <b>E4</b> | <b>Raționament clinic interdisciplinar în studiul de caz virtual</b>                                      | Antohe Bogdan,<br>Frunzete<br>Georgiana,<br>Ochiană Mircea     | KinetoStud – Anul VIII, nr. 1/2014   |
| <b>G Alte lucrări și contribuții științifice</b>   |           |   |  |  |

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|  | <b>G1</b> | <b>Improvement of the muscular coactivation index in junior handball players by using proprioceptive exercises</b>  | Antohe Bogdan<br>Rața Marinela,<br>Rața Gloria | International Congress of Physical Education, Sports and Kinetotherapy, 10th edition of International Congress of Physical Education, Sports and Kinetotherapy 11-13 June 2020   |
|  | <b>G2</b> | <b>Improvement of respiratory function by miofascial methods in children with arthroprosis</b>  | Rața Marinela<br>Antohe Bogdan                 | 8TH International Scientific Conference (ISCB) Achivements and Prospects in the Field of Sports Science and Physical Education within the interdisciplinary European Education System, November 15-16, 2019, Bacău, Romania. |
|  | <b>G3</b> | <b>The role of the sensory integration and praxis test in identifying the writing difficulties in young pupils</b>  | Rața Marinela,<br>Antohe Bogdan                | The 7 TH International Scientific Conference "Achievements and Prospects in the Feld of Physical Education and Sports Within the Interdisciplinary European Education System" Bacau, Romania November, 9-10, 2018            |
|  | <b>G4</b> | <b>The efficiency of myofascial techniques in reducing spasticity in children with cerebral paralysis</b>   | Rața Marinela,<br>Antohe Bogdan                | The 7 TH International Scientific Conference "Achievements and Prospects in the Feld of Physical Education and Sports Within the Interdisciplinary European Education System" Bacau, Romania November, 9-10, 2018            |
|  | <b>G5</b> | <b>Workshop - Myofascial technique - a strategy to reduce spasticity</b>  | Rața Marinela,<br>Antohe Bogdan                | The 7 TH International Scientific Conference "Achievements and Prospects in the Feld of Physical Education and Sports Within the Interdisciplinary European Education System" Bacau, Romania November, 9-10, 2018            |
|  | <b>G6</b> | <b>Contribuția exercițiilor proioceptive la restabilirea echilibrului muscular agonist-antagonist și optimizarea controlului motor la gleznă la handbaliști</b> | Antohe Bogdan,<br>Rața Gloria                  | Locul I obținut la COMPETIȚIA INTERNAȚIONALĂ DE PROIECTE DE CERCETARE OLIMPIADA TINERILOR DOCTORANZI- OTD 2018   |
|  |           | <b>Reducine the muscle chain hypertony through myofascial techniques in athletes</b>  | Antohe Bogdan                                  | 7 <sup>th</sup> International Scientific Conferente of Students and Young Scientists, University Sport: Health and Prosperity of the Nation. UNEFS, 2017   |

07 Septembrie 2023