

# Aneta Demidas

**Academy of Physical Education in  
Wrocław**

**Poland**



Aneta is a physiotherapist with more than 20 years of experience and an assistant professor at the Department of Physiotherapy and Massage, Faculty of Physiotherapy at the Academy of Physical Education in Wrocław. She combines work with patients with scientific work in the field of Physical Medicine. She pays special attention to the development of awareness of future physiotherapists so that they understand what it really means to treat the patient holistically and with due attention, empathy, and knowledge.

Her scientific research expands knowledge on the impact of electrotherapy, electrostimulation, and laser therapy on the recovery of the functions of the musculoskeletal system after injuries, paralysis, and inflammation of nerves and muscles. Electrodiagnostics and electrostimulation of nerves and muscles are particularly close to her in cases of e.g. facial nerve palsy, Bell's palsy, in carpal tunnel syndrome, and muscle atrophy, before and after reconstruction of knee cruciate ligaments and ACL. She also deals with physiotherapy and physio aesthetics of facial muscles, using her knowledge in the field of diagnostics and neuromuscular excitability of properly excitable muscles and nerves.

## **My Topics for the 21<sup>st</sup> International Teaching Week:**

- 1) Electrostimulation after damaged ACL ligaments
- 2) Influence of electrical stimulation on healthy and unhealthy muscles