

Saskia sassen global city pdf

Escala tampa de kinesiofobia pdf


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El análisis factorial reveló un modelo de factores de QMy Tampa Scale For Kinesiophobia (Miller, Kori, & Todd,) This scale is typically measured on a point likert-type scale; however for the current data set a La Escala Tampa de Kinesiophobia se creó como una lista de autoinforme de ítems con una escala Likert de puntos para evaluar el miedo al movimiento o a (re)lesionarse Tampa Scale for Kinesiophobia (Miller et al) A total score is calculated after inversion of the individual scores of items 4, 8, and La Escala Tampa de Kinesiophobia se creó como una lista de autoinforme de ítems con una escala Likert de puntos para evaluar el miedo al movimiento o a (re)lesionarse. The Tampa Scale of Kinesiophobia was created as a item self-report checklist with a point Likert scale to assess one's fear of movement or (re)injury. QIf I were to try to overcome it, my pain would increase. Aunque el TSK ha sido traducido a diferentes idiomas, una versión en español del TSK no ha estado disponible, hasta ahora. A Escala de Cinesiofobia de Tampa foi criada como uma lista de verificação de autorrelato de ítems com uma escala Likert de pontos para avaliar o medo de Tampa Scale for Kinesiophobia. Patient name: Date: QI'm afraid that I might injure myself if I exercise. "An unreasonable, and debilitating fear of physical movement and activity stemming from a sensation of susceptibility to painful injury or re-injury," is how the creators Tampa Scale for Kinesiophobia Patient name: Date: strongly disagree disagree agree strongly agree QI'm afraid that I might injure myself if I exercise QIf I were to try to overcome it, my pain would increase QMy body is telling me I have something dangerously wrong QMy pain would probably be relieved if I were to exercise Q5 Pain always means I have injured my body Just because something aggravates my pain does not mean it is dangerous I am afraid that I might injure myself accidentally Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening La escala de Tampa para la kinesiofobia (TSK) es una de las medidas más utilizadas para evaluar el miedo relacionado con el dolor en pacientes con dolor. "Un miedo irracional y debilitante al movimiento físico y a la actividad derivado de una sensación de susceptibilidad a lesiones dolorosas o a volver a lesionarse", así Tampa Scale.

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