

ADAPTED PHYSICAL ACTIVITY

Adapted Physical Activity (Attività Fisica Adattata), or so called AFA, is a group gym program to prevent sedentary lifestyle and to maintain a good health status. Exercises are meant for subjects with painful illnesses caused by hypomobility (backhache, gonalgia, coxalgia) and chronic diseases consequent from cerebral ictus and Parkinson. The activity is not substitutive of a rhiabilitative intervention, though a change of lifestyle can really help prevent the onset of new menomation and disabilities (secondary an tertiary) caused by sedentary lifestyle.

AFA can be described as an individualized activity practiced in homogeneous groups. Work groups (15-20 people) are charaterized by the involvement of subjects with homogeneous pscyophysical condition regarding each pathology. The finality of the exercises are the same of a gentle gym course: regain of joints mobility, flexibility increase, muscolar strenght and rexistance increase, respiratory and cardio circulatory system improvement and so on. AFA exercises differ from the others for the graduality of the amount of work, the adaptment to the patology and its developement, and the attention to any contraindications or specific needs of the subject. AFA provides aerobic exercises with no load (no weights are used), avoiding any jumps or detachement from the ground, wich may cause consequences on already compromised joints an structures.

One of the important goals of AFA is aswell aggregation, that promotes socialization between the members of the group, wich is fundamental to guarantee a good phsycophysical health status.



More about: (EXAMPLE)



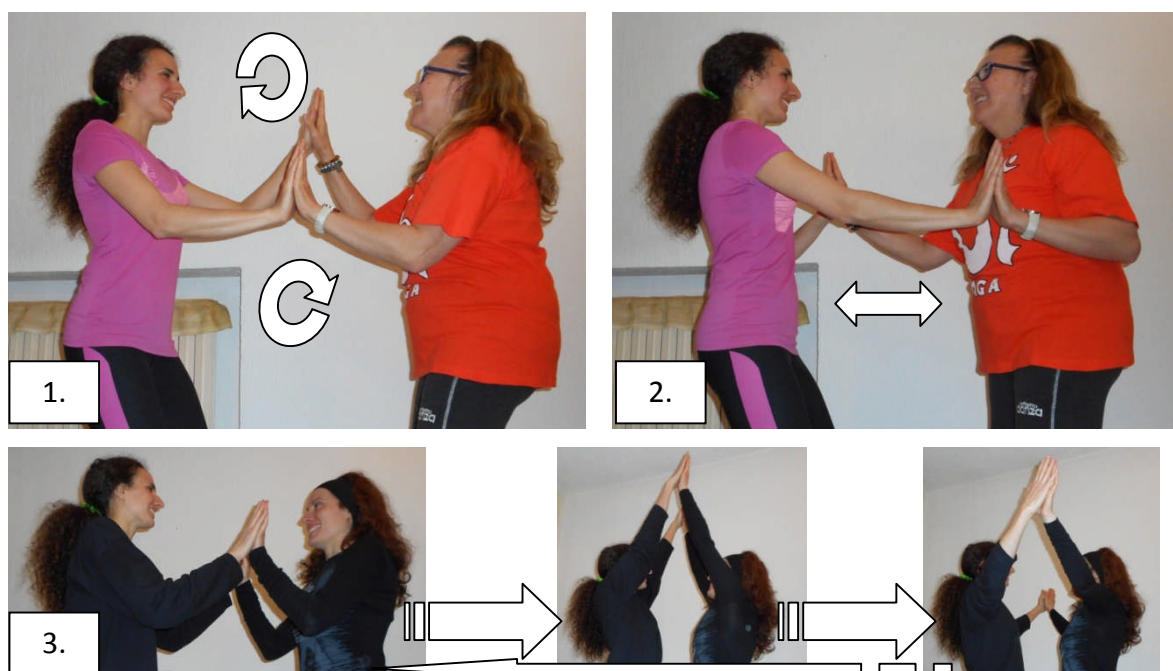
Floor Exercise EXERCISE 1

After performing a short warm-up march to music on site (about one minute), the participants get ready to start the 30 minutes lesson that'll conclude with 15 minutes of stretching exercises. Subscribers are arranged in line on multiple rows, and will follow the movements of the instructor, that takes her place in front of them. Each exercise lasts for about twenty repetitions. There will be cool-down breaks, but the motor action won't be interrupted.

WORKING EXAMPLE: a series of thrusts and counter thrusts of arms dynamics

The participants have to rapidly form couples (with similar heights). One in front of other, staying in neat rows, they reach the hands of the companion. The legs are slightly bent and spread apart, feet parallel for the legs to follow the movement of the upper limbs through light bounces. They perform these actions following the instructor's commands, avoiding to exceed in speed or amplitude of the movements, considering their needs and limits, and those of his companion:

1. Fulfill large circular movements, as for the bicycle exercise. The movement must involve shoulders and thoracic outlet. 20 times forward and 20 in reverse.
2. Generate alternate thrusts (right and left) with forearms parallel to the ground. Action must reach the shoulder blades and upper back. 20 repetitions.
3. Create circles on the frontal plane, matching hands inside-high-off-low, like cleaning a mirror. The gesture must involve shoulder blades and back. 10 repetitions.



Floor Exercise EXERCISE 2

WORKING EXAMPLE: series of leg push ups alternating with kicks ahead - down and back in the buttock

Legs are bent at a suitable angle for the articular capacity of each one; those suffering from hip or knee arthrosis reaches an angle not less than 90 °, while the subjects with better physical condition can squat, keeping the back straight and bringing the basin in anteversion, legs apart, feet parallel and knees in line with the latter. Simultaneously, the upper limbs follow the flexing, bending at the right angle towards the forehead, closing the fists. Neck and shoulders remain relaxed. Returning upright, a lower limb moves forward, such as to realize a low height kick as the arms extend back with clenched fists. Proceed to do the same with the cotralateral limb after each bending to alternate. Perform 10 repetitions.

After that, the movement after the bending changes, realizing a buttock kick, trying to reach up the corresponding side with the heel. People who can't fully flex the knee must ensure to bring the joint in line with the torso and perpendicular to the floor. They perform 10 repetitions: 5 with the right leg and 5 with the contralateral.



Sticks EXERCISE 1

WORKING EXAMPLE: series of extensions and bending arms, crossing the sticks

Rapidly form couples (with similar heights). One in front of the other, the participants remain in rows. Hold the stick parallel to the ground, with the hand palm facing the front. At the beginning, the legs are bent and spread apart, with the feet parallel, for the legs to follow the movement of the upper limbs with light bounces. Return to the erect position, extending the lower limbs as the upper ones, to have one edge of the stick up the other, forming an X with the other participant's stick. Proceed to return to the former position, bending the upper and lower limbs. Repeat the motor gesture changing the direction of the hands, bringing the edge of the stick who was upwards, bottom, and viceversa. The exercise involves shoulders and upper back. Perform 20 repetition. Do not exaggerate the speed and range of the motion, and be careful to not accidentally hit the partner's hands with the stick.



Sticks EXERCISE 2

WORKING EXAMPLE: series of lunges with stick

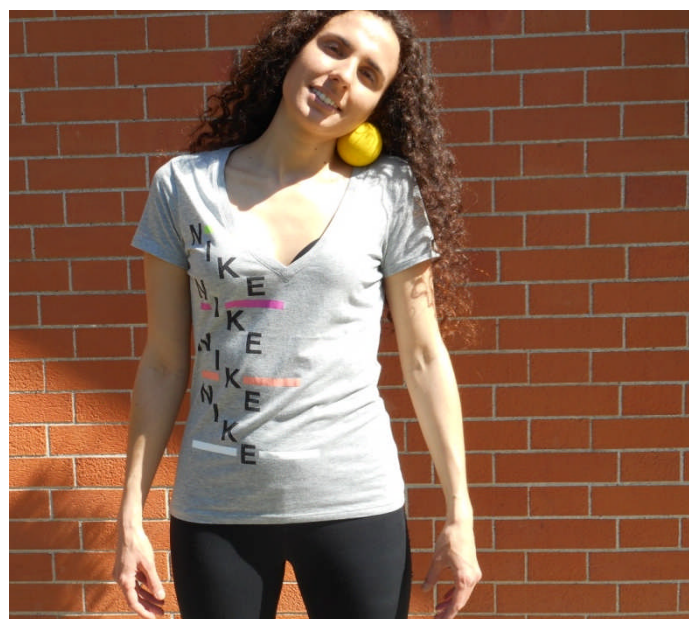
Hold the stick perpendicular to the floor with a hand. Use the above tool as a support in the execution of the motor task. When the instructor commands it, bring forward the lower limb – the opposite one to the hand holding the stick – and carry out a series of lunges from that position. The legs are bent to 90° angles: the advanced limb will have the leg perpendicular to the ground (be sure keep the foot forward compared to the knee, avoiding such an overloading of the articulation). The thigh have to be parallel to the floor while the rear leg's knee is perpendicular to the ground (slightly detached from the ground) and will stand with the forefoot. The upper limb wich is held at the stick will also be bent at 90°, while the other arm leans on the hip. After the lunge is completed, retourn to the upright posture, keeping the feet in the same position. Proceed to carry out a series of lunges for 10 repetition. Repeat the motor action holding the stick with the other hand and advancing the lower limb wich was previously the rear support. Perform the same movements up to totalize another series of lunges of 10 repetition.



Soft Balls EXERCISE 1

WORKING EXAMPLE: series of shoulders elevations towards the ear compressing the ball

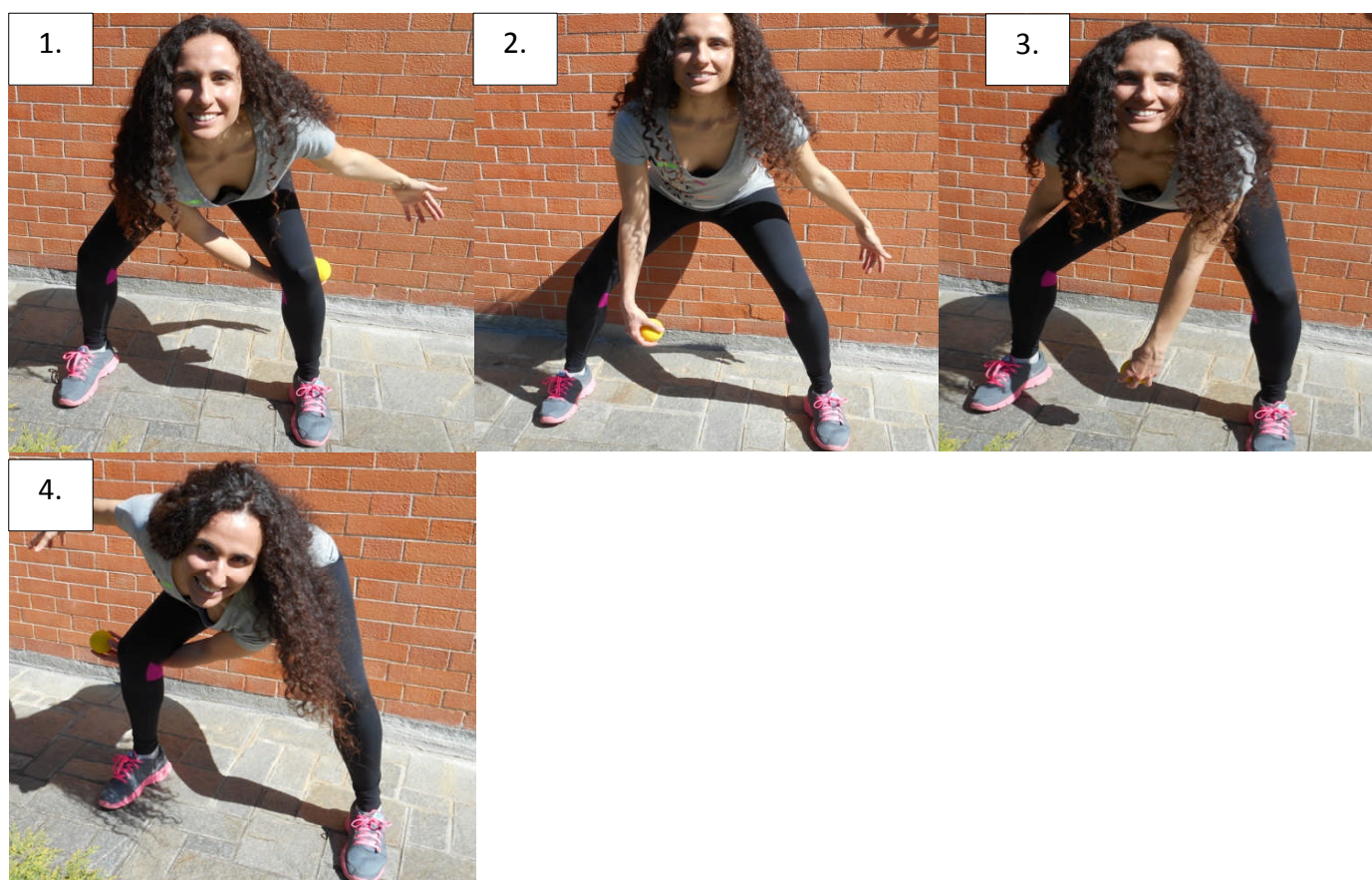
Place the sponge ball between the trapezius muscle of the shoulder, the head inclined in the direction of the latter. At the instructor command, compress the soft ball bringing the shoulder towards the ipsilateral ear, so as to crush the sponge ball between the two structures. The back is upright and the arms outstretched, remaining relaxed to the sides of the torso. The legs are slightly bent and spread apart, feet parallel in such way to follow the upper limbs tasks with light bounces. After performing 10 compressions of the ball, change the shoulder and reverse the inclination of the head to realize other 10 compressions on the opposite side. The exercise involves the shoulders' muscles, neck and shoulder blade ones. Do not to exaggerate the speed of execution or the amplitude of movement and be particularly careful with the cervical, since it is an extremely sensitive region.



Soft Balls EXERCISE 2

WORKING EXAMPLE: passing the soft ball to form the shape of an “8” between spread legs

Bend and spread the legs, keeping the feet parallel and follow with light bounces the actions of the hands. Make sure to have the back straight and the pelvis slightly in anteversion. Grasp the soft ball of sponge and pass it side to side, forward and behind the knees, not touching them, shaping an “8” between the lower limbs. The arms are freely extended and accompanying the gestures of the hands, that pass the ball from right to left, from front to back and from outside to inside. Keep neck and shoulders relaxed. Carry out 10 series in one direction and the same in the opposite direction. The exercise involves the muscles of the upper limbs, the lower ones and improves eye-hand coordination.



Chairs EXERCISE 1

WORKING EXAMPLE: series of manual handling of loads with chair

Stand behind the chair. Get the body close to the object, spread and bend the legs carefully bringing the knees to the outside and the feet parallel. Bring the basin in anteversion so to push out the buttock. Maintain upright the column, the shoulders low and relax the cervical. Look ahead to the horizon. From this position, trying to maintain the object the closer as possible to the body, lift the chair from the base and extend the legs. Lift the object from the ground, but by acting exclusively with the lower limbs. End the exercise in reverse: put the chair back on the ground, bending the lower limbs and with the back straight. Repeat 5 – 8 times. This motor action involves almost all the body so avoid to exaggerate the speed or the amplitude of the movement, and to be extremely careful to the joints involved.

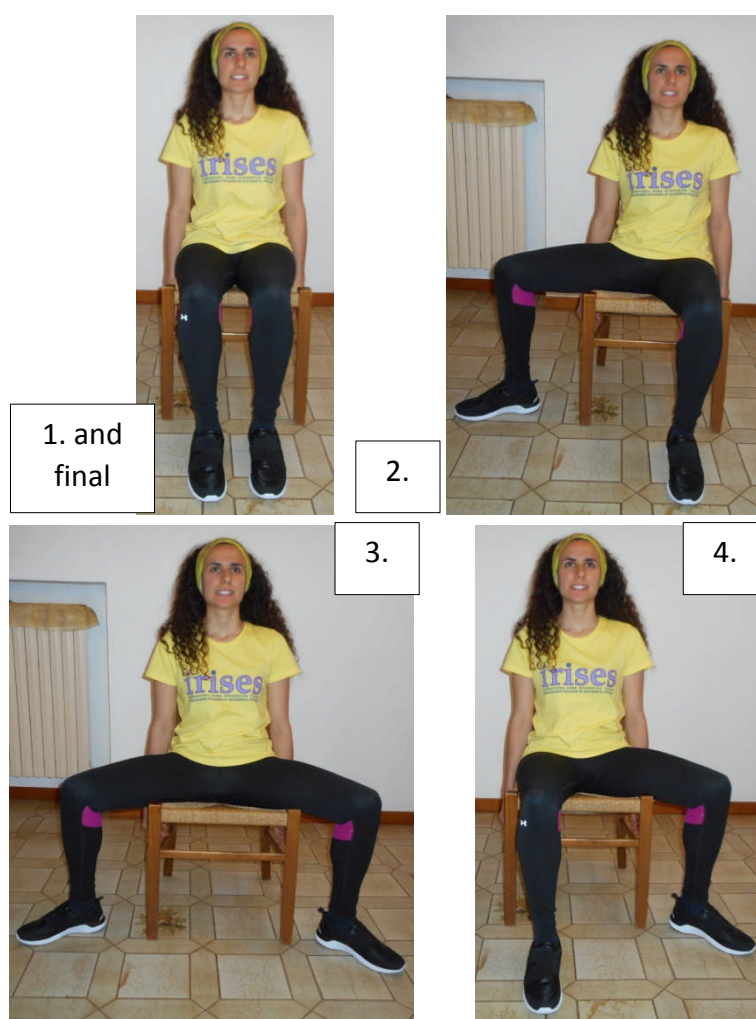


Chairs EXERCISE 2

WORKING EXAMPLE: series of spreading of legs in the sitting position

Sit on a chair straight-backed, legs bent at 90 degrees and arms relaxed at the bust. Spread, on the instructor command, the right leg and then the left one alternately to the rhythm of music. After reaching the maximum opening, return to the starting position, bringing the right leg closer to the body and then the contralateral one. Repeat the movement 10 times. After that, invert the opening round starting the movement with the left leg, followed by the right. Repeat this gesture 10 times too.

This motor exercise involves the lower limbs. Do not to exaggerate the speed and range of motion and be extremely careful to the joints.



Mat – EXERCISE 1

WORKING EXAMPLE: series of antero-posterior displacements with buttocks on the mat

Sit lengthwise on the mat with legs stretched and straight back. Not using the hands, make small steps forward in succession by moving one buttock and another, contracting the oblique abdominal and lifting, one after the other, the hips off the ground. The legs follow the movement slightly flexing, but not contributing much to the motor action. Move the arms, that have to be flexed, to counteract the bust action. When the right buttock goes forward, bring forward the left arm to compensate the movement, and vice versa. Upon reaching the edge of the mat, perform the inverse movement to return to the starting point, bringing a buttock behind the other and retracing the mat contrary. Perform three to four moves back and forth, for a total of six to eight repetition. This particular motor task involves the arms and legs, abdominals, back and buttocks. It is recommended not to exaggerate the speed or amplitude of the execution not to get excessively tired.

2.



3.



Mat EXERCISE 2

WORKING EXAMPLE: cycling in pairs on the mat

Divide in pairs quickly (similar for heights) and put the mat close to the companion's one, from the width part. Sit on the mat longitudinally, with the legs bent and feet flat on the floor, in front of the partners. The back is laid on the floor, arm are relaxed to the hips. Lay the head on the mat and bring the chin in retraction, taking care to keep the position for the entire duration of the exercise (subject with accentuated kyphosis should get a pillow to put under the head to hold it). To not overly strain the spine, be really close to the companion. From this position, reach the soles of the feet of the partner and perform circular movements with the legs, as if riding a bicycle. Perform 10 rides forward and 10 backward.

This particular motor action involves the lower limbs and abdominal. It is recommended to not exaggerate the speed or the range of the motion, not to get overly tired, and to respect our needs and those of the companion.

