

The experience at the retirement home (RSA) of Ciriè "Il Girasole" began in 2017 and ended in 2019 after three sports seasons.

The number of seniors enrolled in the courses was between 16 and 20.

The type of users is that of the elderly over 80 with age-related pathologies, with impaired mobility. In fact, most of the users are in wheelchairs.

The oldest users were over 90.

Most of the users were absolutely sedentary. Others had participated in gentle gymnastics courses in the past, with sporadic and completed experience.

It should be noted that out of the total number of current participants enrolled in the activity, few move, or are helped to move, in a wheelchair; some tall people need supports such as walkers or walkers; still others use sticks to support themselves and few are able to move without aids. From these numbers, it can be seen that it is impossible to apply the protocol (AFA Back pain) or the inclusion tests, as they have been set up. It was necessary to make changes to include all participants in the activity, in order to achieve the following main objectives: maintaining a state of good psycho-physical health and movement education, without forgetting the fundamental task of the AFA of aggregation. Exploiting the extremely heterogeneous nature of the group, activities were proposed that included simple motor gestures feasible by everyone, but which increased in difficulty due to diversification and number of repetitions. Since it was not possible to apply walking or exercises in an upright position, the activity was developed in static sitting, with the primary aim of ensuring physical activity without risks for the person and for their dignity. Coordination exercises alternated with unloading actions to improve the range of motion of the neck, shoulders, elbows, wrists, fingers, chest, hips, pelvis, knees and ankles. Short strengthening tasks, even with the use of small tools (elastic band, soft balls and 500 ml bottles of water), were alternated with stretching and stretching exercises, which concluded each session. For further information on the type of exercises adopted or on the methods of proposing them, please refer to the reports.

At the beginning and at the end of each sports season, some tests were carried out on articulation, lower limb strength and leg-arm coordination. These tests demonstrated the improvements achieved with the practice of the AFA course. Below, by way of example, the results measured in one of the sports seasons.

TEST "A) UPPER LIMBS ARTICULARITY" shows that all subjects manage to reach 90° of flexion of the upper limbs even before starting Adapted Physical Activity. However, it refers to an improvement of 17% of people who from "Succeeds in reaching, but does not exceed, 90° of flexion" passes to "Succeeds well exceeding 90° of flexion" demonstrating an improvement in the flexibility of the shoulder girdle.

TEST "B) LOWER LIMBS STRENGTH" shows a slight improvement in the strength of the lower limbs, with 10% of subjects who from "Maintains for 30 seconds but losing the starting position/angle" manage to maintain the position for 30 seconds without losing the starting angle. From this result emerges the need to insist more on the resistance of the lower limbs. This instructor finds the result understandable, since we must consider the presence of 2 participants in wheelchairs, whose loss of strength in the lower limbs is justifiable.

TEST "C) LEG - ARM COORDINATION" the best results were obtained from this test: in the Entry Test 20% of the subjects are not able to alternate the extension of the opposite leg and arm more than twice consecutively, while, in the Exit Test, the same percentage proves capable of alternating the movement for at least three consecutive times. Furthermore, 30% of people who in the initial test "alternate the movement for at least 3 consecutive times", in the final test obtain "alternate and maintain the position well for 5 consecutive times". The importance of this test is noted, as a real demonstration of the effectiveness of the training.