



PHISYCAL WORKOUT AT SPECIAL POPULATION GROUPS



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Abstract

Introduction: Physical exercise represents an essential component of the management of different ailments and disorders, having an important role in the primary and secondary prophylaxis and general mortality reduction. Therapeutically exercises must take into account the physical, psychological and comorbidity particularities of the patients enrolled in rehabilitation programs.

Materials and methods: This paper presents special issues in the rehabilitation program of patients with cardio-vascular diseases, nutrition and metabolism disturbances, rheumatic ailments, cancer and some neurologic pathologies. To inflict a rehabilitation program, it is necessary to stratify the risks, to evaluate the exertion functional capacity, the clinical and para-clinical parameters, the quality of life and the possibility of family, social and professional reintegration. The objectives and rehabilitation methods, the physical workout parameters (intensity, duration, frequency and proceeding) and their results represent a few key points of this paper. In the case of diabetic patients, there are highlighted the negative effects of physical inactivity, the optimization of safety during rehabilitation exercises and major or relative contraindications of the physical workout.

Results: The benefits of rehabilitation are represented by the compensation of the physical and psychical negative effects of bed rest during hospitalization, the possibility of returning to disease imposed limits of ADL (Activity of Daily Living) scores and patient training for rehabilitation optimization after discharge. In the case of cancer patients, the physical exercises had a benefic role in immune function and psychological status improvement and in counteracting the effects of inactivity.

Conclusions: Therapeutic exercises for muscular force, flexibility, proprioception and quality of life improvement represent an important factor in prevention, treatment and rehabilitation of certain ailments and physical inability. It is necessary for the program of the physical workout to be individualized for each patient accordingly to his/hers medical condition, severity and to not interfere with the standard medical treatment of the respective disease.