Physicalal activity in diseases and disabilities

Introduction

Basic diagnostics of locomotor apparatus

* Basic anthropological evaluation
* Analysis of standing posture
* Muscle length testing
* Evaluation of movement patterns and muscle weakness
* Hypermobility

Means of correction

* Releasing exercises
* Stretching
* Strengthening exercises

Physical activity in diseases of locomotor apparatus

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in diseases of pulmonary apparatus

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in diseases of cardiovascular apparatus

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in metabolic diseases (obesity, diabetes mellitus s type I, II)

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in gynecological diseases

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in neuropsychological diseases

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in diseases of sense

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study

Physical activity in elderly

* Overview of the pathophysiology
* Management and medication
* Recommendation for exercise testing
* Recommendations for Exercise Programming
* Case study