

Physical 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
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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