ITALIA CONI SCUOLA DELLO SPORT MARCHE

Dall'orizzontale al verticale:
nuove prospettive per il fitness acquatico

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Piero Benelli

Medico sportivo
Nazionale Maschile Pallavolo
VL Basket Pesaro
Docente Università Urbino
Direttore Sanitario Fisioclinics Pesaro

Autore del testo
"Idrochinesi – Manuale di Riabilitazione in acqua"

Wellenss acquatico: tendenze e prospettive

ITALIA CONI SCUOLA DELLO SPORT MARCHE

Dall'orizzontale al verticale:
nuove proposte di attività in acqua
per la prevenzione e la riabilitazione

Civitanova Marche, 27 ottobre 2018

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Dall'orizzontale al verticale:
nuove proposte di attività in acqua
per la prevenzione e la riatletizzazione

Senigallia, 15 giugno 2019

Pratica motoria in acqua, al di fuori delle discipline acquatiche tradizionali e codificate, che propone tipologie diverse di attività con l' obbiettivo di migliorare le capacità fisiologiche e l' efficienza fisica dei soggetti partecipanti attraverso gli effetti del movimento sfruttando le proprietà e le caratteristiche dell' ambiente acquatico

Proposta di classificazione delle attività in funzione dello scopo

- atletico-sportivo (allenamento in acqua)
- ludico-ricreativo (fitness)
- preventivo-riabilitativo (attività per categorie specifiche)
- altro (attività varie)

atletico-sportivo (training acquatico)

- Aquatraining
- Aquawalking
- Aquarunning
- Aquabuilding
- Aquasculpt
- Fartleck acquatico
- Aquathletic
- Hydrobike
- Hydrospinning
- Aquapower
- Circuit training acquatico
- Aquaboxing

preventivo-riabilitativo (attività per categorie specifiche)

- Rieducazione funzionale in acqua
- Aquagym per terza età
- Attività in acqua pre-parto
- Attività in acqua post-parto
- Rieducazione posturale in acqua
- Aquantalgica

ludico-ricreativo (fitness acquatico)

- Aquafitness
- Aquagym
- Aquaerobica
- Aquastep
- Aquafunk
- AquaGAG
- Aquaflap
- Aquamix
- Aquadinamic
- Aquafin
- Aquatreding
- Aquaswim

Wellness acquatico

- Aqua relax
- Aquastretching
- Watsu
- AquaChi
- Woga
- Aquahealing
- Aii chi
- Scubagym
- Apneastatica

Clinical ai-chi: 623 results

Comparison of **Ai Chi** and Impairment-Based Aquatic Therapy for Older Adults With Balance Problems: A **Clinical** Study.Covill LG, et al. J Geriatr Phys Ther 2017 - *Clinical Trial*. PMID 27490823
Ai Chi is a water-based exercise program. It incorporates slow movements of progressive difficulty utilizing the upper and lower extremities and trunk coordinated with deep breathing. ...The purpose of this study was to determine whether **Ai Chi** provides better results than conventional impairment-based aquatic therapy (IBAT) for older adults with balance deficits. ...

Watsu: 8 results

[**Watsu**: a modern method in physiotherapy, body regeneration, and sports].Weber-Nowakowska K, et al. Ann Acad Med Stetin 2013. PMID 24734342 Polish.
Watsu helps the therapist eliminate symptoms from the locomotor system and reach the psychic sphere at the same time....

Systematic Guideline Search and Appraisal, as Well as Extraction of Relevant Recommendations, for a DMP "Chronic Back Pain"Institute for Quality and Efficiency in Health Care . Institute for Quality and Efficiency in Health Care (IQWiG) 2015 - *Review*. PMID 29144690 Free Books and Documents.
For non-drug measures, recommendations were identified on massages and manual therapy, exercise and physiotherapy, as well as **aqua** gymnastics and yoga. ...The recommendations on drug therapy referred to oral analgesics such as flupirtine (negative recommendation), nonsteroidal anti-inflammatory drugs (NSAIDs), opioid analgesics, muscle **relaxants**, antidepressants and other psychotropic drugs (negative recommendation), the additional administration of proton pump inhibitors, as well as intravenous or intramuscular administration of pain medication (negative recommendation). ...

Ai Chi®: Applications in Clinical Practice

Johan Lambeck PT,
Anne Bommer

Objectives of Clinical Ai Chi

The therapeutic effects of Ai Chi are mostly related to the combination of diaphragmatic breathing and slow movements (as in Tai Chi). A comprehensive overview has been written by Sova R3, including psychological, neurobiological, cognitive, endocrine effects as well as effects on musculoskeletal and chronic pain.

Fall Prevention

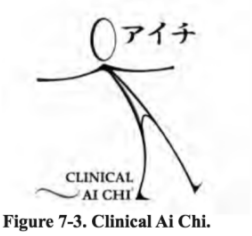

Figure 7-3. Clinical Ai Chi.

Ai Chi as a sequence of postural control movements.

DISABILITY AND REHABILITATION
2015; EARLY ONLINE: 1–8
http://dx.doi.org/10.3109/09638288.2015.1075608

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RESEARCH PAPER

A comparison of water-based and land-based core stability exercises in patients with lumbar disc herniation: a pilot study

Deniz Bayraktar[1], Arzu Guclu-Gunduz[2], Johan Lambeck[3], Gokhan Yazici[2], Sukru Aykol[4], and Harun Demirci[4]

[1]Department of Physiotherapy and Rehabilitation, Faculty of Health Sciences, Izmir Katip Celebi University, Izmir, Turkey, [2]Department of Physiotherapy and Rehabilitation, Faculty of Health Sciences, Gazi University, Ankara, Turkey, [3]Faculty of Kinesiology and Rehabilitation Sciences, Katholieke Universiteit Leuven, Leuven, Belgium, and [4]Department of Neurosurgery, Faculty of Medicine, Gazi University, Ankara, Turkey

ABSTRACT

Purpose: To determine and compare the effects of core stability exercise programs performed in two different environments in lumbar disc herniation (LDH) patients. *Method:* Thirty-one patients who were diagnosed with LDH and were experiencing pain or functional disability for at least 3 months were randomly divided into two groups as land-based exercises or water specific therapy. Also, 15 age–sex-matched healthy individuals were recruited as healthy controls. Both groups underwent an 8-week (3 times/week) core stabilization exercise program. Primary outcomes were pain, trunk muscle static endurance and perceived disability level. The secondary outcome was health-related quality of life. *Results:* Level of static endurance of trunk muscles was found to be lower in the patients compared to the controls at baseline ($p<0.05$). Both treatment groups showed significant improvements in all outcomes ($p<0.05$) after 8-week intervention. When two treatment groups were compared, no differences were found in the amount of change after the intervention ($p>0.05$). After the treatment, static endurance of trunk muscles of the LDH patients became similar to controls ($p>0.05$). *Conclusion:* According to these results, core stabilization exercise training performed on land or in water both could be beneficial in LDH patients and there is no difference between the environments.

KEYWORDS
Lower back pain, stability exercises, water-based therapy

HISTORY
Received 9 January 2014
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Figure 1. An example for "feet on the floor" exercise.

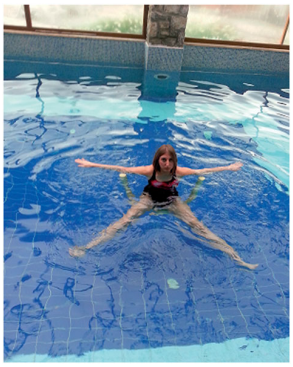

Figure 2. An example for "feet off the floor" exercise.

Conclusioni

- Le attività di wellness acquatico costituiscono una categoria di attività che hanno diversi obiettivi come il rilassamento, l'allungamento delle strutture corporee, la consapevolezza del nostro corpo, la ricerca dell'equilibrio, il controllo del respiro, etc.
- In alcuni casi queste attività possono essere inserite in protocolli più complessivi di attività e di esercizio acquatico (es. per sportivi)
- In casi specifici e all'interno di una gestione multidisciplinare di alcune patologie, alcune di queste discipline possono essere utilizzati a scopo preventivo, riabilitativo e terapeutico (es. prevenzione delle cadute, gestione di patologie neurologiche croniche, etc.)