

資料

高齢者の転倒予防のための運動プログラム(2)

- リズム運動 -

Exercise Program for Fall Prevention in the Elderly Rhythmic Exercises

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Abstract

This paper, from an exercise instructor's standpoint, introduces: 1) risk management, 2) composition and teaching techniques, and 3) four examples of rhythmic exercises practiced in the Fall-Prevention Program for the elderly at Tokyo Koseinenkin Hospital. Here we define the purpose of rhythmic exercises as: to enjoy the whole body moving rhythmically in harmony with music in order to activate all the major muscle groups in concert. In addition, it is supposedly effective as balance training in consequence of weight shifting, such as forward, backward, side, up and down movements. It is important for these goals to apply safe, effective and enjoyable programs according to the physical conditions, physical abilities, personal favors and characteristics of participants.

For risk management, physician and orthopedist offer thorough medical examination and consultation prior to exercise. Exercise instructors plan the contents and exercise strength of program with regard to doctor's evaluation and recommendation. Doctors and nurses attend exercise sessions.

Composition techniques explain how to outline the program. Important factors are: time duration, exercise strength, movement patterns, music and flow of program. Teaching techniques refer to cueing and movement development.

Four examples, each differing in exercise strength, include three standing exercises: folkdance, salsa dance and aerobic versions, and one seated exercise.

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