
Rehabilitation of physical (walking) abilities of the elderly through the use of sports and theatrical programs

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Résumé

Introduction

The human body is a complex set of systems (such as the heart, lungs, etc.) and its functions overlap in order to perform a certain effort, and the loss of this complexity as a result of diseases and aging leads to impaired functional, physical and mental performance in humans, especially the elderly. The elderly are exposed to diseases and injuries caused by poor health, which is one of the indicators of their loss of complexity, and therefore we need to find means associated with medical and pharmaceutical treatment to rehabilitate, reduce or prevent them

The practice of sports and theatrical exercises is the best way for rehabilitation or preventive treatment based on research conducted in this field in the world, especially the American Organization for Health and Recreation, which calls for the need to practice sports and theatrical exercises in its simplest forms, we do not have the capabilities and advanced means like other countries of the world, but it is possible to benefit from the practice of sports and art as a therapeutic means through the development of rehabilitation programs, The basis of the idea of this program, which is based on exercises for balance, walking programs, and others. Aims at rehabilitation treatment in the elderly who suffer from many diseases (such as blood pressure, diabetes, memory impairment, fractures of all kinds, difficulty walking, loss of balance), the study aims to rehabilitate the complexity of walking and balance in the elderly using a walking program of sports and theatrical exercises and find or develop a rehabilitation program as a therapeutic means for the elderly parallel to medical treatment, the study sample was a group of elderly (women) residing in a care home for elderly people, aged between (55- 85) years and their number (10) who participated in the rehabilitation program.

The program is a multiple stations that include each station to perform an activity or exercises aimed at treating certain parts of the body, taking into account the aspect of pleasure that drives to continue to perform, the program took (4 months) by (3 days a week) and for a period of (two hours) with a rest period (5-10 minutes) where it included walking bilaterally side by side and walking straight (to improve balance). The physical level (the level of walking and balance) of the participants, where their walking time improved from (5 minutes to 20 minutes) when walking bilaterally, as well as increasing the number of times going and coming back in a straight line from (3 times to 15 times), where the amount of improvement was measured by the number of times going and coming in the straight line, and the level of breathing improved among the participants, where they were asked to mute the breath and then exhale (4 times to mute the breath to 10 times). We conclude from these results that

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the practitioner of sports activities, including walking, which are the simplest, contribute to improving and rehabilitating the level of walking, especially in the elderly, as what was done scientifically and under the supervision of a specialist in physical therapy, in addition to that walking does not need a lot of tools or devices, in addition to its ease and the possibility of practicing it in a Anywhere.

keywords: Rehabilitation, Gait, Complexity, Elderly