
Učinci prilagođene tjelesne aktivnosti programa GNW za osobe s stečenim ozljedama mozga

Effects of Adapted Physical Activity Programme GNW for People with Acquired Brain Injury

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Uvod

Every year, more than 1.5 million people experience an acquired brain injury (ABI) which later results in number of difficulties for them. In most cases the rehabilitation process lasts a lifetime. People with ABI usually lead a sedentary lifestyle and suffer from lack of endurance. Numerous studies indicate the positive effect of physical activity on improving motor skills and quality of life.

Cilj

The aim of this research is to identify the impact of adapted physical activity programme Gymstick Nordic Walking (GNW) on motor skills, morphological characteristics and attention in people with ABI.

Metode i ispitanici

The research participants were 30 people (21 men and 9 women) with ABI, all service users of Center Naprej for long term rehabilitation of persons with ABI located in Maribor, Slovenia. They were divided into control and experimental group, each with 15 participants. The experimental group took part in an experimental exercise program (two sessions of 16 trainings, two trainings per week) in addition to their regular daily activities, while the control group did only regular daily activities. All participants were tested with balance (Senior fitness test, Berg balance scale) attention (d2), morphological (InBody 120) measuring instruments before and after the implementation of the training programme. We have also inquired psychological, structural and physical characteristics using self-assessing questionnaire and physiological measurements before and after each training session.

Rezultati

The results of the research confirm the positive impact of adapted physical activity on cognitive functioning (attention span), balance, and psychological and physical well-being of persons with ABI.

Rasprava/zaključak

We have tested more than one adapted physical activity programme at Center Naprej Maribor. This is also the second time we confirmed the important role of sports rehabilitation programmes for development of everyday activities and treatment programmes as part of individual rehabilitation plan in long term rehabilitation for persons with ABI.

Ključne riječi: adapted physical activity, acquired brain injury, rehabilitation, balance, attention, motivation, physical well-being