

ABSTRACT

TITLE

The Impact of physical activities in water on joints movements of seniors.

OBJECTIVE

The evaluation of the impact of physical activities in water on joint movements of elderly people. From the data available which measures the movements of shoulder and hip joints at the beginning, in the middle and after the training session, we identify whether there are some changes in the range of movements available of the tested joints.

METHOD

The efficiency of swimming program whose duration was 15 weeks was evaluation by measuring the improvement of movements possible of shoulder and hip joints. There were two groups of elderly people tested. The first group consisted of university students taking courses for elderly people, the latter group consisted of elderly volunteers. Both programmes had the same content.

RESULTS

After the swimming program finished, there were measurable changes in the range of joint movements all participants could perform. In majority of cases these changes were positive (i.e enlargement of the range available), in some case the rotation of the joint in certain movements remained same but there were some elderly people whose range of joint movements was reduced. Overall, the range enlargement was estimated to be higher by 5 – 10°.

KEY WORDS

Elderly person, physical activity in water, joint movement.