

Effect of health exercises and swimming for women after breast cancer

Abstract

Defining the problem:

The theoretical part of the thesis will be devoted to course of illness and subsequent convalescence of women with breast cancer. We will give a list of suitable health exercises that are applicable in the gym and at home. The next part will be devoted to the benefits of the movement program in the water. We will focus on swimming stroke breaststroke and backstroke.

The practical part will contain the data from the input diagnosis before the application motion program, the program and the output diagnosis after four months of movement intervention.

Objective:

The aim of this work is to create movement program for improvement of locomotive system women after breast ablation, which is composed of the health exercises applicable in the gym and in the water.

Method of solution:

Probands undergo the entry diagnostic, which is comprised from anthropometry, goniometry and interview about their day's physical activities. Output diagnosis is ensues after four months of movement intervention and it is same as the input diagnosis. The resulting values will be compared.

Results:

We found that motion intervention we have chosen is after breast ablation akcepted by women and is friendly for them. The application of the motion program has a positive efect for creation of lymphatic edema on arm and extend of shoulder joint on the side, on which was made operativ intervention.

Key words

breast cancer, health exercises, exercising programme in water