

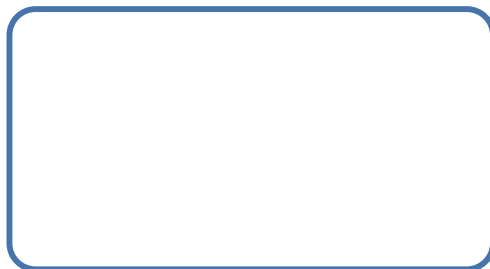
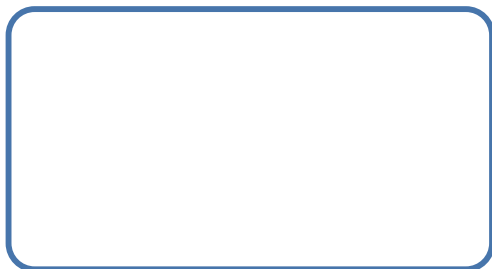


Alessandro Giustini and Giulia Vita
Sport as a way to overcome disability

Vincenzo Falabella President of the Italian Federation for Overcoming Handicap – FISH.

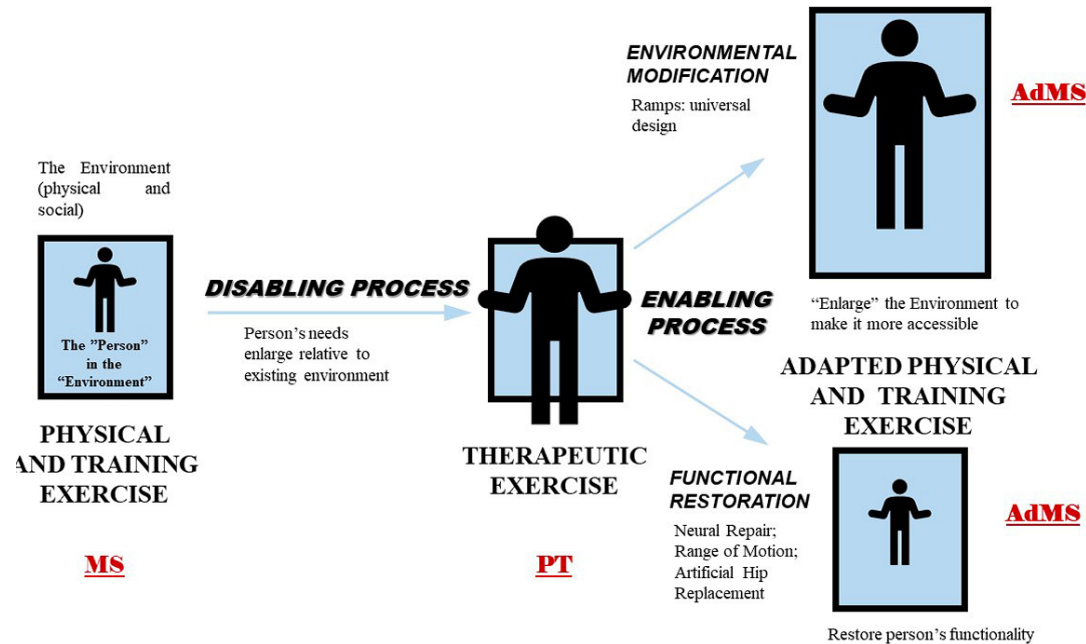


There are many links between these two words





ADAPTED PHYSICAL ACTIVITY



re 2. Relationship between physical activity and the disabling/rehabilitation process: the main professionals involved in the process (IOM, 1997, revised by the authors). MS: Graduate in Physical Education; PT: Physiotherapist; AdMS: Professional with a master's degree in Training and Adapted Activity.

The AFA, "Adapted Physical Activity," is a non-medical program that includes a series of group exercise sessions aimed at improving individual well-being and counteracting temporary movement difficulties or those resulting from chronic diseases.



SPORT AND PHYSICAL ACTIVITY

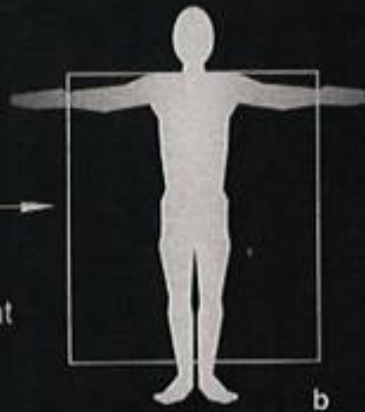
Allied Sciences	Initials
Physiotherapy	PT
Motor Science	MS
Master Science in Adapted Physical Activity	AdMS



**Training
exercise**

MS

Disabling Process
Person's needs
enlarge relative to
existing environment



**Therapeutic
Exercise**

PT

**Environmental
Modification**

Ramps; universal
design

**Enabling
Process**

**Functional
Restoration**

Neural repair;
Range of motion;
Artificial Hip Replacement



"Enlarge" the environment
to make it more accessible

d

**Adapted
Training
Exercise**



Restore a person's
functionality

Ad MS

PT



Rehabilitation of Sports Injuries

- Rehabilitation Protocols in Sports diseases
- Physical therapy modalities
- Therapeutic exercise

Return to Sport Reconditioning

Sports for disabled conditions

- Adapted Physical Activity
- Paralympic games
- International rules for classification in Paralympic Sports



MOTOR RE-EDUCATION PROGRAM VS. ADAPTED PHYSICAL ACTIVITY

Motor Re-education Program



RESTORE LOST OR REDUCED FUNCTIONS

Adapted Physical Activity



PREVENTIVE AND MAINTENANCE GOALS



ADAPTED PHYSICAL ACTIVITY IN PERSONS WITH ONCOLOGICAL DISEASE

Table II. Beneficial effects of PA in cancer patients.

Sport	Benefit
Aerobic training ²⁸	↓CRF, ↑health-related QoL and physical function, ↓anxiety, depression, ↑sleep quality.
Resistance training ²⁸	↓CRF levels, ↑health-related QoL and physical function, ↓lymphedema, ↑aspects related to bone health.
Walking ²⁹	↓Of the BMI, ↓breast symptoms and in the arms, ↑MS at the extremity of the upper limbs, ↓of pain.
Fencing ¹⁶	↑immunity function, ↑adherence to therapies, ↑health related QoL, ↓CRF, ↓anxiety, ↑of the functional capacities.
Rowing ³⁰	↑upper extremity and hip range of motion, ↑lower and upper extremity strength, ↑aerobic capacity and heart rate at rest and after prolonged effort.
Yoga ³¹	↑joint mobility, ↑muscle strength, ↑QoL.
Swimming ³²	↑Flexion and external rotation of the operated arm.
Cycling ³³	↑QoL, ↑Physical functioning, ↑general health, ↑vitality.

Legend: ↓reduce; ↑ improve; CRF: cancer related fatigue; QoL: quality of life; BMI: Body mass index; MS: Muscle Strength



ADAPTED PHYSICAL ACTIVITY IN PERSONS WITH ONCOLOGICAL DISEASE



fighting, of winning

confidence and
motivation





CONCLUSION

The goals of Rehabilitation treatments and Adapted Physical Activity are aimed at meeting the individual's real needs, with the ultimate purpose of achieving overall **AUTONOMY** and the consequent **IMPROVEMENT OF QUALITY OF LIFE**.

