



CORRECTIVES PHYSICAL EDUCATION AND REHABILITATION

INTRODUCTION

Corrective physical education is regarded as a specialized branch of physical education which has a deal with the correction of physical or bodily defects through activities and exercises. Corrective physical education is a scientific application of specific body movements for development and restoring normal strength and functions of the affected body parts. Corrective physical education are unique and especially helpful in giving the student specific directions as to what type of exercise to prescribe. Impairment, Disability and Handicap are very different terms. Not all impairment leads to disability but a disability can lead to a handicap. Rehabilitation is the utilization of the existing capabilities of the handicapped person, by the combined and coordinated use of medical, social, educational and vocational measures to the optimum level of functional ability.

OBJECTIVES OF CORRECTIVES PHYSICAL EDUCATION

- 1) Corrective physical education aims to construct normal body as well as reconstruction of which are affected.
- 2) It helps to develop and maintain a perfect efficient and beautiful body.
- 3) Well developed is the optimum objective of corrective physical education.
- 4) Reconstruction or rehabilitation will only be required when there is some limitation or defect caused by number of factors like – injury, disease, poor posture, occupational and psychological aspect or congenital conditions. Physical disability can be reduced or corrected with the help of properly selected exercises and activities.
- 5) It helps in correction and prevention of various postural defects.
- 6) The fundamental body movements can be developed in the children from early stage of life and children can be made aware of correct body mechanics.
- 7) Corrective physical education educates the children at different stages during the process of development.
- 8) Abnormality in the posture often develops during the childhood when the growth is rapid and therefore thorough detail physical examination ensures proper care of the child and prevention of any postural defects. Early detection helps to carry out proper care.
- 9) Children already having certain postural defects like – kyphosis, scoliosis, flatfoot, etc. should be detected early and corrected with the help of proper and accurate exercises.
- 10) Corrective physical education can provide better position to educate healthy habit, physical alertness, correct body growth and discipline.

11) Corrective physical education aims in the improvement of the total health so that an individual can carry out various activities of the daily life.

SCOPES OF CORRECTIVE PHYSICAL EDUCATION:

It includes:

- Assuring normal growth and development of all the children.
- Application of conditioning exercises and activities for low physical fitness.
- Postural training for perfect balance, education about proper body mechanics, prevention and correction of postural deviations when developed.
- Exercises and activities for strengthening muscles, mobilizing joints, and functional skills etc.
- Protection, prevention and management of athletic injuries.
- Helping an individual at different stages in the development, also to people of all age groups.
- Consideration of overall health problems of weak children.
- Helping the physically disabled persons and adapting skills and activities for their participation in the sports and games so that they can get as much joy out of living as possible.
- Guidance and use of selected activities for social, emotional and psychological adjustment.

REHABILITATION

Rehabilitation is the restoration of normal form and function after injury. Rehabilitation in sports means recovery of injured or ill sports men upto fitness (physical fitness) for training and competition by specialized, coaches, physical fitness experts, physiotherapist, sports medicine personnel and medical doctors of sports medicine.

“To restore”, “to right” or “proper condition” when used in relation to patient it means that he is restored’ to right’ to live independently in such a way that return to work and the enjoyment of active living is possible.

OBJECTIVES OF REHABILITATION

- The main objectives of rehabilitation is to completely cure the injured or sick person and make sure that he or she restores all affected function of the body within the shortest possible period of time.
- To maintain the existing condition of the patient. Therapist may encounter such patient in whom scope of recovery is very low/less. In such cases, every attempt must be made, to keep muscles, joints and other organs like heart and lungs in best possible condition.
- To prevent deterioration or complication to the affected as well as to the unaffected body parts or internal organs.
- To make full functional use of affected and weak body part in particular and whole body in general.
- To modify the manner in which certain activities are performed. Because sometimes the condition of the patient may be such that it may not allow the patient to perform certain activities.
- To keep functional adaptation to physical exercise
- To avoid atrophy of the injured side by exercises with the non-injured side arms or leg.
- To avoid uncontrolled physical exercise of sportsmen on account of pleasure in physical exercises

- To guarantee a high level of physical fitness and make sportsman ready for systemic training
- In few conditions, wherever there is extreme pain in the joint or where there is lost in balance of the muscle strength among the agonist and antagonist of the limbs, either because some operation is performed to alter the body mechanics or some external support is given in the individual patient.

PRINCIPLES OF REHABILITATION:

- To keep the morphysiological and functional adaptation.
- To regain physical fitness.
- To avoid atrophy of the injured site by exercises with the non- injured site arms or legs.
- To avoid uncontrolled physical exercises of sportsmen on account of pleasure in physical exercises.
- To guarantee a high level of physical fitness and make a sportsmen ready for systematic training.

SCOPE OF REHABILITATION:

Scope of rehabilitation is very wide. In fact it is as wide as the scope of corrective physical education, where there is injury or sickness, there has to be rehabilitation.

- 1) Occupational therapy
- 2) Physiotherapy
- 3) Speech therapy
- 4) Vocational guidance

1) Occupational therapy

It is the used of practical activity to treat physical or mental disability. Doctors often prescribe this kind of treatment for people affected by a injury, illness or emotional problem. Occupational therapy focuses mainly on helping patients develop skills and immediately perform specific task.

2) Physiotherapy

It uses physical means such as light, heat, cold and exercise to treat disease or injury. Physiotherapy is used to prevent and relieve, correct condition that interferes with a person's physical ability to function normally. Physiotherapy is administered by professional called physiotherapy. Physiotherapy is helpful in treating diseases and disability.

It is often used in treating heart and lungs diseases and various type of paralysis and muscle weakness. It is also important in imputation, fractures and other injury and other orthopedic condition.

3) Speech therapy

It is the treatment of speech problem and disorder. Expert of speech therapy in the profession work with children and adult whose speech interfere with communication, calls, etc. This specialist is called speech therapist. Evaluating and correcting effective speech therapy is often called speech pathology and speech therapy is sometimes known as speech language pathology or speech clinicians.

4) Vocational guidance

Vocational guidance or rehabilitation is the capacity to restoration to earn a livelihood.

There are numerous disease, disorders and injuries which can lead to various kinds of disabilities. Some of main types of disabilities are:

- Physical disabilities
- Social disabilities
- Mental disabilities
- Visual disabilities
- Speech disabilities
- Hearing disabilities

There are numbers of medical surgical, cardio- respiratory, orthopaedic conditions which would require rehabilitation. These conditions affect one or other component of the physical and psychological functioning of the individual.

MAJOR ASPECTS OF REHABILITATION

The ultimate goal of rehabilitation is the complete restoration of affected body function in shortest possible time. There can be many aspects of rehabilitation. The goal of rehabilitation could be decided in accordance with type of sickness, injury or disease with which one suffers from or its severity.

The goal of rehabilitation may involve restoration of physical aspects of body affected person, psychological, social, economic, vocational and educational aspects of injured persons. Some of the main goals of rehabilitation are:

1.PHYSICAL REHABILITATION

2.PSYCHOLOGICAL REHABILITATION

3.SOCIAL REHABILITATION

4.VOCATIONAL REHABILITATION

5.EMOTIONAL REHABILITATION

1. **PHYSICAL REHABILITATION:** The affected physical disabilities must be restored to normal condition, like restoration of normal strength, flexibility, endurance, agility, skill and co-ordination so that an injured person is again able to perform all of the activities of daily life and his protection which he/she was able to perform before injury.
2. **PSYCHOLOGICAL REHABILITATION:** This is very important goal of any rehabilitation programme. All people who became ill or injured are affected psychologically. They become self-centered and seriously depressed. Injured should be able to function in normal psychological state of his mind after rehabilitation. After an injury, person may get psychologically frustrated as a physical disorder. This may adversely affect the recovery. Therefore this need must be addressed along with physical restoration.

3. **SOCIAL REHABILITATION:** After injury, person may find himself totally out of society. He may or may not be accepted by the society in his easier role. The injured person should find a creative or productive role in the society so as to optimally function along with other member of society. At the same time society should extend respective and co-operative attitude toward the injured person.
4. **VOCATIONAL REHABILITATION:** One of the very important roles of rehabilitation program is to make an injured person or sick person to be able to earn his living so that he is not dependent on the society. Therapist should ensure that unaffected and affected body can be used in certain job or occupation. Keeping this in mind the required vocational training can be given to the injured person. This will also help in physical and psychological restoration of an injured person.
5. **EMOTIONAL REHABILITATION:** A disable person must be treated with warmth and understanding. When he begins to feel that his environment accepts him, he will cooperate better with those who are trying to help him. He must not be allowed to withdraw into himself, he needs love and affection.

CONCLUSION

Posture is the mirror of an individual's personality. Habits play an important role in developing the personality and posture. Good posture helps the body to work better with ease. Thus good posture means pleasant habits and smart personality which reflects confidence, courage and well-disciplined attitude and behaviour. It can be said that posture is the real index of health, both physical and mental and would reflect the correct and accurate alignment of parts of the body to achieve balance in sitting, standing, walking and running. Thus we can say that habitual posture reflects the general health and the state of mind.