



Organization of a corrective gymnastic class (group therapy) and its advantage

Introduction

There is a wide range of possibilities of corrective gymnastics in the prevention of poor body posture and deformities. The main objective of the corrective gymnastics is to monitor and improve the postural status of children and youth. There are many faulty posture adopted unknowingly such as Hypokinesia, improper sitting, standing and long working hours and they contribute to a disruption of postural status and the decline of the level of physical abilities of children, youth and adults.

Corrective gymnastic exercise is an exercise technique which is very different from other regular exercise programs. It starts with a detailed analysis of the physical arrangement of the body. This analysis helps in determining any imbalances or deficits that could be affecting an individual's performance and their daily activities. After this analysis, a very specific corrective exercise and flexibility program is developed to help correct the body's structure and bring it back to its normal state. Corrective gymnastic exercises are designed to make positive changes in the way an individual moves and they concentrate on the underlying cause of the pain as the best way to eliminate pain is by eliminating the cause.

Definition of corrective gymnastic

The scientific use of bodily movement to restore normal function in diseased or injured tissues or to maintain a state of well-being also called corrective exercise. As with any type of therapy, a therapeutic exercise program is designed to correct specific disabilities of the individual patient. The program is evaluated periodically and modified as indicated by the patient's progress and response to the prescribed regimen. Exercises affect the body locally and systemically and bring about changes in the nervous, circulatory, and endocrine systems as well as the musculoskeletal system.

Meaning of corrective gymnastic class

The program of corrective gymnastics includes low-intensity exercises for who want to stretch out and build muscle in a slower rhythm. It is important to know that maintaining upright body position requires constant adjustment of muscles of the trunk and limbs, which are under the automatic and conscious control of the central nervous system, with the aim of confronting the force of gravity. Principles of corrective gymnastics are directed to the solution of each specific deformity in order to establish normal relations between all structures of the musculoskeletal system. It includes exercises that are correcting deformities and poor posture, as well as the prevention of spinal curvature and the weakening of muscles

Corrective gymnastic classes includes

- (1) Increase or maintain mobility of the joints and surrounding soft tissues,
- (2) Develop coordination through control of individual muscles,
- (3) Increase muscular strength and endurance, and
- (4) Promote relaxation and relief of tension.

JOINT MOBILITY: In the absence of a disability that prohibits mobility, the regular day-to-day activities maintain the normal movements of the joints. If, however, motion is restricted for any reason, the soft tissues become dense and hard and adaptive shortening of the connective tissues takes place. These changes begin to develop within four days after a joint has been immobilized and are evident even in a normal joint that has been rendered immobile. It is for this reason that therapeutic exercises to prevent loss of joint motion are so important and should begun as soon as possible after an injury has occurred or a disease process has begun.

Prevention of the loss of joint motion is much less costly and time-consuming than correction of tissue changes that seriously impair joint mobility. It is recommended that each joint should be put through its full range of motion three times at least twice daily. If the patient is not able to carry out these exercises, he is assisted by a therapist or member of the family who has been instructed in the exercises. Inflammation of the joint, as in arthritis, may cause some pain on motion, and so passive exercises are done slowly and gently with the joint as relaxed as possible. Procedures that stretch tight muscles to increase joint motion should be done only by a skilled therapist who understands the hazards of fracture and bleeding within the joint, which can occur if the exercises are done improperly or too strenuously.

MUSCLE TRAINING: Exercises of this type are taught to the patient who has lost some control over a major skeletal muscle. By learning precise and conscious control over a specific muscle, the patient is able to strengthen and coordinate its movement with normal motor patterns and thus enhance mobility. Muscle training or neuromuscular re-education demands full cooperation of the patient, who must be capable of understanding the purpose of the exercises, following directions and giving full attention to the muscle isolated for retraining. The sessions are held in a quiet, comfortable atmosphere to facilitate concentration by the patient.

The development of conscious control over individual muscles is useful in the rehabilitation of patients with a variety of disorders, including physical trauma, diseases such as poliomyelitis that affect the motor neurons and congenital disorders such as cerebral palsy. It involves a systematic program of sequential activities under the direction of a therapist knowledgeable in the technique. Although it requires much effort on the part of the patient and the therapist, the attainment of muscle control and coordination is a satisfying reward.

MUSCLE STRENGTH AND ENDURANCE: The improvement of muscle strength and endurance is particularly important in the rehabilitation of patients whose goal is to return to an active and productive life after a debilitating illness or disabling injury. The exercises are prescribed according to the individual needs of the patient and usually involve more than one group of muscle.

Strengthening (force increasing) exercises are prescribed after an examination has shown weakness in individual muscles or muscle groups. These exercises are usually administered with relatively high resistance and few (3 to 10) repetitions. A group of exercises, called a *set*, is followed by a few minutes of rest. 3 to 5 sets for a muscle or group constitute one bout of exercise. Strengthening exercises are often performed daily in early stages of rehabilitation, but less often later in treatment.

Endurance exercises stimulate changes in the involved muscle or muscles, resulting in improved capacity for repeated contraction (e.g., increased ability to use metabolites). When conducted over a sufficient length of time and with several muscle groups, they may also produce central effects of the cardiovascular system. Endurance exercises employ relatively low resistance and numerous (15 or more) repetitions. Endurance exercises are generally administered daily.

RELIEF OF TENSION: These exercises that promote relaxation of the muscles and provide relief from the effects of tension are useful in a wide variety of disorders ranging from mild tension headache to insomnia. Patients who are especially tense may require several sessions of instruction in relaxation before they can learn the technique.

Purpose of corrective gymnastic class

Corrective gymnastics exercise is a type of exercise that helps in bringing the body back into its normal postural position. The body is designed such that it performs at its maximum level when it assumes a proper posture. However, many individuals tend to pick up bad postural habits such as slouching, leaning and sitting at desks in awkward positions at work. Gradually this wrong position is assumed in daily activities causing tightening or stiffness in certain regions and loosening in other areas. Muscles become weak and may not also work. For example, a person's left hip may not be working properly. This may result in a rotator cuff problem or tight calf muscles. If the movements are compromised in one region of the body, it will cause symptoms in another part of the body. Corrective gymnastic exercise helps in reversing these compensations and imbalances and directs the body to work in coordination and without pain. Corrective gymnastic exercise helps in loosening the tense and stiff muscles and activates the lazy muscles. Basically it helps in re-training the body to move as it was designed to move in order to function at its maximum level. Corrective gymnastic exercise enhances the body's biomechanics and eliminates the negative stresses from the body, as these negative stresses build up in the body resulting in pain and affecting the body's normal range of movements. Through corrective gymnastic exercises, the correct structure of the body is restored and the body stops compensating for imbalances and the person is able to move freely without pain.

Advantage of corrective gymnastic class

Flexibility: Flexibility is a primary factor in gymnastics. Increasing flexibility can also be an effective aid to the reduction of injury, preventing people from forcing a limb to an injurious range of motion. By learning movements and combining them in a routine, the gymnast can attain greater flexibility and greater control of the body.

Disease prevention: Participation in gymnastics can help maintain a healthy body, which is a key to preventing numerous health conditions such as asthma, cancer, obesity, heart disease and diabetes. Being involved in gymnastics helps encourage a healthy lifestyle, including regular physical activity and eating a well-balanced diet.

Strong and healthy bones: Participation in weight-bearing activities — including gymnastics — can develop strong, healthy bones, which is important to develop at a young age. As we age, we inevitably experience a decrease in bone mass every year. Building strong, healthy bones at a young age can help reduce the risks of developing osteoporosis later on in life.

Increased self-esteem: A study conducted by researchers at the Robert Wood Johnson Medical School have indicated that children who participate in physical activity like gymnastics are likely to have better self-esteem and self-efficacy.

Daily exercise needs: The American Heart Association recommends children participate in 60 minutes of physical activity per day. Adults age 18 and over should participate in 30 minutes of exercise at least five days per week. Participation in gymnastics helps meet the exercise recommendations set forth by the American Heart Association.

Increased cognitive functioning: Participation in gymnastics does not only offer physical gains; it is beneficial for improving concentration and mental focus – an important aspect of anyone’s life. Gymnastics allows children the chance to think for themselves, to stimulate their imaginations and to solve problems safely.

Increased coordination: Gymnasts do not react with as large a “startle response” to sudden imbalances as non-gymnasts. By applying this condition outside the sport, people become better equipped to avoid hazardous situations by quickly identifying them and naturally correcting body alignment when walking, standing or jumping, etc.

Strength development: Gymnastics produces, pound-for-pound, the best athletes in the world. Gymnastics uses almost exclusively body weight exercises to build upper body, lower body, and core strength.

Discipline: Gymnastics installs a sense of discipline. Each student must have the self control to make corrections when a coach asks them to, and they must also have the self discipline to stay on task when a coach is working with another gymnast.

Social skills: At all ages, gymnastics provides an opportunity to develop social skills. Younger children learn how to stand in line, look, listen, be quiet when others are talking, work and think independently, and how to be respectful of others. The older kids learn how to set a good example for the people who look up to them and become role models at a young age.

Conclusion

The basis of corrective gymnastic exercise is that each muscle is connected to another muscle and the nervous system communicates with all the joints and muscles. Corrective gymnastic exercise helps in reintroducing appropriate structure in the body, thus enabling a person to move freely with less pain. Corrective gymnastic exercise benefits people of all abilities and ages. For an athlete or a sports person, corrective gymnastic exercise helps in enhancing efficiency and performance level, reduces the risk of injury and allows the body to rehabilitate in a best way from injury. Corrective gymnastic exercises focus on resolving the cause of pain, instead of addressing the symptoms only. It is a simple and effective method for pain relief thus allowing us to live a full and active life.