



Summary

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 and as the best way to eliminate pain 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 called also 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

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

Purpose of corrective gymnastic class

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.

Advantages of corrective gymnastic class

- Social skills
- Flexibility
- Disease prevention
- Develop Strong and healthy bones
- Increased self-esteem
- Increased cognitive functioning
- Increased coordination
- Strength development
- Development of Discipline

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.