

BÖLÜM 23

SPOR YARALANMALARININ REHABİLİTASYONUNDA AKUATİK TERAPİ

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Akuatik fizik tedaviye artan ilgi, beraberinde sınırlanmış kaplıcaların ve hubbard tanklarından daha büyük alanlara, yüzme havuzlarına evrimleşmesini sağlamıştır. Bu büyük egzersiz alanları, sürekli itici güç gerektiren geniş egzersiz çeşitliliğini sağlamıştır.

Suyu kullanarak, kaybedilen hareketliliği yeniden kazanmak ve zayıflamış kasları güçlendirmek için bazı yazarlar tarafından akuatik terapi tarif edilmiştir (1) (2) (3) (4) (5). Bu makalenin amacı spor yaralanmalarında akuatik fizik tedavinin nasıl kullanıldığını tartışmaktır.

Giriş

Spor yaralanmalarının etkili rehabilitasyonunun anahtarı, istenen fonksiyonel aktiviteye mümkün olan en kısa sürede geri dönülmesidir. Su terapisi, tedavinin başlangıcında normal hareket kalıplarını teşvik etmek ve güç oluşturmak için benzersiz bir ortam sağlar. Bu ortam genellikle yaralanma riskinin azaldığı suda gerçekleştirilir. Buna sıklıkla ağrıda ve algılanan rahatsızlık hissinde azalma eşlik eder. Kara tabanlı egzersiz programlarının yetersiz kaldığı durumlarda su içi rehabilitasyon tek seçenek olabilmektedir.

Suyun iki temel fiziksel özelliği vardır; kaldırma kuvveti ve viskozite. Atletik yaralanmaları tedavi etmek amacıyla suyun bu iki temel özelliği kullanılır. Yüzdürmenin etkisi doğrudandır. Su, yerçekiminin vücut üzerinde etkisini hemen azaltır. Suyun viskozitesi ise dolaylıdır. Kişi su içinde hareket ettiğinde direnç hissedilir. Hareketin zorluğu hareket eden vücuda ya da ekstremiteye, hızına göre belirlenir.

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