

150 - PILATES: PHYSICAL THERAPY AS IMPROVING THE QUALITY OF LIFE IN ELDERLYSANDRA ANTUNES ROCHA¹CASSIO HARTMANN²

(1) PROGRAMA EURO-AMERICANO DE PÓS-GRADUAÇÃO STRICTO SENSU EM SAÚDE – FISIOTERAPIA – UNIVERSIDADE CATÓLICA NUESTRA SEÑORA DE LA ASUNCIÓN – UC

(2) PROGRAMA EURO-AMERICANO DE PÓS-GRADUAÇÃO STRICTO SENSU EM SAÚDE – MEDICINA DO ESPORTE – UNIVERSIDADE CATÓLICA NUESTRA SEÑORA DE LA ASUNCIÓN – UC

sandrarocha.cedrim@hotmail.com**INTRODUCTION**

Aging is a life stage that occurs through natural causes physical, psychological and social. This is a dynamic process in which changes occur with advancing age, thus increasing the risk for chronic diseases, making it dependent on the loss of their autonomy and difficulty in performing basic physical activities, thus reducing their quality 1-2 of life.

Epidemiological studies have shown that illness and limitations are not inevitable consequences of aging, and that the use of preventive services, elimination of risk factors and adopting healthy lifestyle are important determinants of healthy aging. This phenomenon has led to a reorganization of the health system, because this population requires care that are possible challenges for chronic disease, and incorporate the fact that dysfunctions in the last 3-4 years of their lives.

According to the World Health Organization (WHO) in 2025 "there will be 1.2 billion people over 60 years, and many elderly (over 80) are the fastest growing age group." It has been observed in several studies a rapid growth of the elderly, estimated so that Brazil will occupy the 6th (sixth) position of the country with the largest number of elderly in 2025. However require a more structured health system 5-6.

Therefore, the Program for the Elderly Health Care promotes a preexisting maintenance, providing independence in activities of daily living and quality of life, and the role of the physiotherapist, promote, prevent and rehabilitate the elderly. Since the changes in the elderly involve physical changes of the spine, increased abdominal fat, bone and joint changes, leading to imbalance the body, thus reducing the range of motion by changing your gait and a gradual decrease in muscle mass 7 - 8.

In health, interest in the quality of life concept is relatively recent and is due, in part, the new paradigms that have influenced policies and industry practices in recent decades. This paradigm shift has to be one of the expected results, both care practices and the public policies for the sector in the fields of health promotion and prevention of diseases 9.

Quality of life is related to self-esteem and well-being involving aspects such as functional ability, socioeconomic status, emotional state, intellectual activity, cultural, ethical, religious and personal health, the environment where he lives and activities including the lifestyle of everyday life. Can mention the emergence of the journal Quality of Life Research, edited from the early 90s by the International Society for Quality of Life Research, gathering scientific studies on quality of life in different areas of knowledge 10-1.

In this perspective, there is a finding that the physical, psychological, social, cultural, mental and spiritual factors are influencing the quality of life of the elderly, which is not a passive agent, but within the social context, is an active agent. So health and disease, configure understood as a continuous process related to economic, social, cultural, personal experience and lifestyle 12-13.

As a result of this finding for the maintenance of health as a whole, and thus the quality of life, regular physical activity can slow the declines related to aging, providing greater longevity, lower rates of morbidity and mortality, maintenance of independence and autonomy, improving self-image and self-esteem 14.

Pilates can be considered an exercise of fundamental importance as a physical therapy resource minimizing the effects of abnormalities of tone, keeping a normal ADM and preventing deformities, improving respiratory function and motor skills, in addition to restoring the balance through challenging exercises to promote body awareness and improving self-esteem of the elderly.

Based on these asked: It is hoped that this research will fill a gap, which can meet the needs of both professionals and the lack of health as to academics and professionals in related fields. For this reason, it was necessary to investigate and study the Pilates physical therapy as a resource to improve the quality of life in older people, aiming to make them as independent as possible.

This study aims to find the Pilates method as a physical therapy resource, improving the quality of life in the elderly. In order to reduce the risk factors affected by aging causing impairment in their quality of life.

MATERIALS AND METHODS

This research is characterized as a qualitative research, as for Lakatus¹⁵, to evaluate an unknown situation in a given place, someone or a group, somewhere must have been made the same or similar research, or even complementary aspects the research required. It is a literature review, in which the analysis and interpretation of data occurred through studies conducted in consultation with magazines, articles and periodicals. Such works are dated from 1995 to 2010 and may be available on specialized sites (Scielo, Lilacs, Bireme, Medline, Brazilian Digital Library of Theses), from March to April 2011. The discussion aims to analyze the authors conducted researched, and organized in an ethical manner, respecting the individual opinion of them and confronting the scientific aspects of research.

DISCUSSION

The geriatric physical therapy aims for a healthier aging possible in the maintenance and improvement of cognitive function in disease prevention and rehabilitation, thus avoiding restrictions of functional capacity in order to reduce falls by improving balance, maintenance of good physical, mental and social, making the elderly more active and more independently, identifying their needs in relation to health and rehabilitation when necessary seek to reintegrate them into the social milieu 16-17-18.

The therapy procedures promote aging with a satisfactory quality of life, through measures that will slow the process associated with aging: Those with guidelines for the elderly, families and caregivers about potential factors that influence the

disease and how to avoid them, making the elderly more dependent on preserving as much of their autonomy. The physical therapy, may use physical, natural and proper techniques, assisting to restore physical, functional and other requirements in the preservation of quality of life 19-20.

The current search for physical activity promotes higher incidence for its practitioners more frequently on adults and seniors. Among the different offers of physical activity is the Pilates method that is gaining breadth and wider dissemination in the environment of leisure, sports and education. Pilates is a work that relies on strength and mobility exercises enabling practitioners to develop a greater awareness of your body through principles such as: Breathing, Concentration, Control, Precision, Flowing Movement, Isolation and Routine 21-22.

For gels, the extent of physical activity for older people is focused on four items that are defined as follows: prevention, maintenance, rehabilitation and recreation. In designing and Aparicio Perez, in defining the Pilates method with a single word would say it is moving, say two words to movement control, and if they had to do it with three words would be strength, elasticity and control. All this makes the quality of life of the elderly improve 23-24-25.

At some of these studies it was observed that the "breath" is emphasized by the importance of maintaining the circulation of the blood pure. The "concentration" second Ungaro, there is no doubt that all exercise benefits the body, but focused exercise can turn it completely. And the "power center" is defined as the belt that extends from the base of the lower ribs to the pelvis 26-27-28-29.

Shrimp says that the "accuracy" we must be alert at all times to the body, keeping aware of your alignment and your strength. According to Aparicio et. al., must obtain the maximum "flow" doing the minimum of movements especially in the transitions of the exercises where each of them is connected to the other with rhythm and harmonious way. Kuhnert added that the moves done incorrectly does not generate good results and satisfaction to its practitioners or 30-31-32.

The Pilates Method was created in the 20s, by Joseph H. Pilates, based on the so-called "Contrology" or the study of control, which he described as "perfect balance between body, mind and spirit." Based on his studies, he developed a series of physical exercise improving physical and mental conditioning, where the method of work was valued for the first time during the First World War, when he trained his companions and all managed to overcome the epidemic of influenza that occurred 33-34-35 in 1918.

Ribamar adds that the creator of the Pilates method was born in 1880 in Germany, in which that child suffered from asthma, rickets and rheumatic fever. His determination led him to study various forms of movement including yoga, Greek and Roman techniques. Started the implementation of his method in 1926 when he immigrated to New York where he received the attention of the dance community by becoming an integral part of dance training as Laban legendary Martha Graham, Balanchine 36-37.

With developments in technology, the exercises were held at ground, with or without the use of the ball or devices. The devices were designed by Pilates himself, using springs as tools to generate support or resistance movements with which you can work concentric contractions, eccentric and mostly isometric in all positions with less joint wear, fewer repetitions and wide variety to work the same segment or same function, promoting strength, flexibility, coordination, balance, postural control and respiratory mechanics 38-39.

According to Blum Pilates can also bring many benefits to senior practitioners. The method ensures the increase in bone density, releases tension in the joints, making them more mobile and flexible, improves respiratory and cardiovascular capacity, improves posture avoiding potential injuries to the spine, and develops the body and muscles reducing fatigue day by day. By this, we can say that the Pilates method is able to provide total satisfaction to senior practitioners who wish to obtain a better quality of life, making the most of your body and your health 40.

When applied in the elderly population, improve strength and mobility, which are often changed due to the presence of degenerative diseases, helps to maintain blood pressure also influence bone calcification. The exercises involve isotonic contractions and mainly isometric, in which Joseph termed force center The center of force is composed of the abdominal muscles, buttocks and lumbar paraspinal responsible for static and dynamic stabilization of the body. During the years the term is associated with contraction of the diaphragm, the transversus abdominis and pelvic floor muscles 41-42-43.

However Pilates is an exercise system that allows for greater integration of the individual in their day-to-day. It works the body as a whole, as well as correct posture and realign the muscles, developing the body stability necessary for a healthy life and longevity. In short, the method was created to achieve a healthy body, a healthy mind and a healthy life. In the design of Mallery et al. most patients who are prohibited from participating conventional exercise programs could achieve the Pilates exercises, as they can be done in the patient's pace and progression proportional to the performance reported 44-45.

As Williams et. al and Kunert, the practice of Pilates for seniors would be three times a week in classes of one hour each, but two weekly classes already have good results concerning the improvement of body flexibility. Unlike other physical activities, Pilates is a method that seeks to fit the needs of each practitioner, however it is still a method that works safely and effectively. In the design of Smith suggest that exercise-based method, improves mobility in spinal proprioception, and balance and coordination training 46-47-48-49.

According to Rodrigues the autonomy of elderly practitioners of Pilates aims to strengthen the muscles located in the center of the body and pelvic floor muscles, where Joseph joined the improvement of motor performance stability and body posture to strengthen and improve flexibility checking its effect on the disorder geriatric. This intervention is the use of specific equipment and balls, lasts for eight consecutive weeks at least twice a week and one hour each session. The results obtained during the practice was significant improvement in functional performance 50.

According to Almeida, the best treatment for Parkinson's affected is the practice of Pilates because it emphasizes the quality of the working move synchronously with the help of apparatus (reformer), an average of twice a week allowing to simulate the motion, minimizing the fear of the carrier. In the design of Gallagher et. al is necessary to emphasize that Pilates plays an important role on the central nervous system. A disease associated with dysfunction of the central nervous system is Múltipla51 Sclerosis-52.

In designing Betz for people with osteoporosis, their adaptation to exercise is based on physical assessment of these individuals and their potential risk of fracture. So it is possible to determine the intensity, frequency and type of exercises to be performed. Frontera reports that osteoporosis is a lot of skeletal fragility and increased susceptibility to fracture after minor trauma. With Pilates works to strengthening exercises to improve muscle strength, physical fitness and coordination 53-54.

However it is known that the loss of bone mass and muscle strength in the elderly is responsible for the deterioration in mobility and functional capacity, leading to its dependence on increasing the risk for disability. This problem can be alleviated by strengthening the muscles that move, the lower limbs, which when strengthened improve functional mobility, making the elderly less likely to fall 55-56.

Pilates is a great ally in the treatment of disorders due to age and thus improving their quality of life, which certainly

gives their rights, because according to the Elderly, all elderly have the right to education, culture, sports, lazer, amusements products and service respect its unusual conditions of age 57.

CONCLUSION

The Pilates method has proven to be a very important role in the treatment of disorders related to aging, improving the quality of life for seniors, which demonstrates the great advantage of health promotion and prevention.

However, despite these advantages that this method brings, is still poorly studied and should be better clarified by the researchers in the constant search for effective and efficient therapy procedures that lead to improved quality of life of the elderly population.

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PILATES: PHYSICAL THERAPY AS IMPROVING THE QUALITY OF LIFE IN ELDERLY ABSTRACT

The Pilates method is of fundamental importance in performing activities of daily living, especially in the elderly who seek independence in their daily optimizing, developing a new attitude and greater mobility, balance and agility while providing well-being, physical and mental. The aim of this paper was to investigate how the Pilates physical therapy in improving quality of life in the Elderly. Characterized as a qualitative research literature review. This research fills a gap, which can meet the requirements and lack both the health professionals as to academics and professionals in related fields, so that the elderly have been fortunate to conduct independent functions, how simple it is through physical activities using the Pilates method as a physical therapy resource. It is concluded that the performance of Pilates in elderly health is related to the ability to get a healthy aging, maintenance and improvement of cognitive function and prevent problems that may limit their functional capacity, and thus, perform their activities of daily living independent professionals and thereby improving their quality of life.

KEY WORDS: Pilates, Elderly, and Quality of Life.

PILATES: THÉRAPIE PHYSIQUE AMÉLIORER LA QUALITÉ DE VIE AU PERSONNES AGEES RÉSUMÉ

La méthode Pilates est d'une importance fondamentale dans l'accomplissement des activités quotidiennes, en particulier chez les personnes âgées qui cherchent l'indépendance dans leur optimisation quotidienne, à développer une nouvelle attitude et une plus grande mobilité, l'équilibre et l'agilité tout en offrant bien-être, physique et mentale. Le but de cet article était d'étudier comment la méthode Pilates thérapie physique dans l'amélioration de la qualité de vie chez les personnes âgées. Caractérisé comme une revue de littérature de recherche qualitative. Cette recherche comble un vide, qui peut répondre aux exigences et manquent à la fois les professionnels de santé comme aux universitaires et aux professionnels des domaines connexes, de sorte que les personnes âgées ont eu la chance de mener des fonctions indépendantes, comment il est simple grâce à des activités physiques à l'aide de la méthode Pilates comme une ressource thérapie physique. Il est conclu que la performance de la méthode Pilates dans la santé des personnes âgées est liée à la capacité d'obtenir un vieillissement en bonne santé, l'entretien et l'amélioration des fonctions cognitives et prévenir les problèmes qui peuvent limiter leur capacité fonctionnelle, et donc, exercer leurs activités de la vie quotidienne des professionnels indépendants et des améliorant ainsi leur qualité de vie.

MOTS CLÉS: Pilates, personnes âgées, et la qualité de vie.

PILATES: FISIOTERAPIA COMO MEJORAR LA CALIDAD DE VIDA DE LAS PERSONAS MAYORES RESUMEN

El método Pilates es de fundamental importancia en la realización de actividades de la vida diaria, especialmente en los ancianos que buscan la optimización de la independencia en su diario, el desarrollo de una nueva actitud y una mayor movilidad, equilibrio y agilidad mientras que proporciona bienestar físico y mental. El objetivo de este trabajo fue investigar cómo la terapia física Pilates para mejorar la calidad de vida de las personas mayores. Caracterizado como una revisión de la

investigación cualitativa la literatura. Esta investigación viene a llenar un espacio que puede cumplir con los requisitos y la falta tanto de los profesionales sanitarios como a académicos y profesionales en campos relacionados, de manera que las personas mayores han tenido la suerte de llevar a cabo funciones independientes, lo fácil que es a través de actividades físicas utilizando el método Pilates un recurso de terapia física. Se concluye que el desempeño de Pilates en la salud del anciano se relaciona con la capacidad de conseguir un envejecimiento saludable, el mantenimiento y la mejora de la función cognitiva y evitar problemas que pueden limitar su capacidad funcional, y por lo tanto, lleve a cabo sus actividades de la vida diaria y de profesionales independientes mejorando así su calidad de vida.

PALABRAS CLAVE: Pilates, ancianos, y la calidad de vida.

PILATES: RECURSO FISIOTERAPÊUTICO COMO MELHORIA DA QUALIDADE DE VIDA EM IDOSOS

RESUMO

O método Pilates é de fundamental importância na realização das atividades da vida diária, em especial na população idosa que busca independência no seu cotidiano otimizando, uma nova postura e desenvolvendo maior mobilidade, equilíbrio e agilidade além de proporcionar bem-estar, físico e mental. O objetivo do presente artigo foi pesquisar o método Pilates como recurso fisioterapêutico, na melhora da qualidade de vida em Idosos. Caracteriza-se como uma pesquisa qualitativa de revisão bibliográfica. Esta pesquisa preenche uma lacuna, que possa suprir as necessidades e a carência tanto aos profissionais da área de saúde como aos acadêmicos e profissionais de áreas afins, fazendo com que o idoso tenha prazer de realizar funções independentes, por mais simples que seja através de atividades físicas utilizando o método Pilates como recurso fisioterapêutico. Conclui-se que a atuação do Pilates na saúde do idoso está relacionada com a capacidade de obter um envelhecimento saudável, na manutenção e melhoria da função cognitiva, prevenindo doenças que possa restringir sua capacidade funcional, e com isso, exercer suas atividades de vida diária e profissionais de forma independente melhorando assim, sua qualidade de vida.

PALAVRAS CHAVES: Pilates, Idoso e Qualidade de vida.