131 - POWER CAPACITY ASSESSMENT MANUAL OF MAGISTRATES/SERVERS REGIONAL LABOUR COURT OF REGION 19th ALAGOAS PARTICIPANTS OF GYMNASTICS CLASSES LABOUR

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INTRODUCTION

The Gymnastics began to be understood as a major tool in improving the physical health of the employee reducing and preventing occupational problems (HARTMANN et al, 2008). According to Anderson (1998), the human body was not designed to stay long periods in a seated position. Standing still for hours is a relatively recent phenomenon in human history. Over millions of years, our ancestors had to use their bodies and muscles daily.

According to the publications will refer Gymnastics is possible to see that in 1925 Poland was recorded publication of the theme, entitled Gymnastics Pause (PEREIRA, 2001). Meet the needs of workers inside and outside the company, the new view is that business leaders has been incorporating. (ALVES and Vale, 1998).

Three years later in Japan the postal workers started attending daily classes Gymnastics, aiming relaxation and improved health. More was after the Second World War is that practice became widespread and had results like increased productivity, reduction of occupational accidents and the pursuit of the general welfare of workers (CAÑETE, 2001).

There is controversy regarding the starting date of Gymnastics in Brazil, but for Cañete (2001), Gymnastics was introduced in Brazil by executive Nips 1969 in Rio de Janeiro in Ishikavaiima yards, where it is still practiced mainly targeting prevention work accident. In the early 70's the FEEVALE Federation (Higher Education), through the school of Physical Education created a proposal for exercise based on biomechanical analyzes, Compensatory Physical Education and Recreation.

The Gymnastics includes specific stretching exercises, muscle strengthening, motor coordination and relaxation, made in different sectors or departments of the company, in order to prevent and reduce cases of RSI/WMSD (OLIVEIRA, 2006).

The quality of work life is the need to work more deeply in appreciation of working conditions, with regard to the procedures of the task itself, the physical environment and the relationship patterns (LIMONGI-FRANCE, 2001).

According to Casagrande (1999), the Gymnastics is a combination of some physical activities with common characteristics to improve under the physiological aspect, the physical condition of the individual in his work, using exercises executed in the workplace and easily performed in sessions 5 or 10 minutes, which should contribute to greater fitness and physical performance, concentration and better positioning on the job.

To Chest (2002), the main goal of Gymnastics is to provide the worker with a healthy life, easing the difficulties during the development of their daily work, improving their physical, mental and personal relationship. There are two types of labor Gymnastics: Preparatory to the Compensatory and Remedial.

Gymnastics Preparatory consists of exercises that prepare the individual for the job of speed, strength or endurance. It is performed before or during the early hours in early labor and consists of heating and / or stretching of the particular structures required, arousing employees to work, preventing accidents, occupational diseases and muscle strain (PEREIRA, 2001).

Compensatory Gymnastics is held during the work day and lasts for 8 to 10 minutes. This exercise Gymnastics search the corresponding muscles and relax the muscle groups contracted during the workday, aiming to oxygenate the muscle structures involved in the daily tasks of fighting excess tension, the accumulation of lactic acid and preventing possible injuries installations (CAÑETE, 2001).

The Corrective proposal aims to restore the balance central antagonism of muscle, using specific exercises to strengthen the muscles that are stretched and stretch those shortened, is usually applied to a small group of people 10-12 who have the same characteristic postural and morphologic are disabled nonpathological (CAÑETE, 2001).

Aware of all the benefits that Ginástiica Labor provides the worker and the company, the Regional Labor Court of Alagoas 19th Region, seeks to provide response mechanisms to prevent and minimize the consequences of various postural defects, Injuries, Occupational Repetitive Strain (LER), which are structures and degenerative cumulative preceded by any pain or discomfort and even the Work Related Disorders (MSDs) (HARTMANN et al, 2008).

For Nahas, (2003). Muscular strength is the ability from the muscle contraction, which allows us to move the body, lifting pushing, pulling, or resist pressures to sustain loads. If the muscle is stimulated properly, the muscles become more resistant, strong and flexible, allowing us to move more efficiently at work or at leisure.

The cuff injuries are very common, because this joint can be considered as one of the joints that suffer more stress and overload, especially in some professions and even in sports.

The most common injuries related to repetitive stress wrist are: tendonitis and tenosynovitis of hand and wrist, carpal tunnel syndrome and De Quervain tenosynovitis.

Based on the above objective was to evaluate the ability of judges to force manual/servers of the Regional Labor Court of the 19th Region Alagoas participating in gymnastics classes.

METHODOLOGY

This research was characterized as a descriptive case study of quantitative and qualitative approach, a program of gymnastics with magistrates/servers Regional Labor Court of the 19th Region of Alagoas.

SUBJECT

The sample was composed of magistrates/servers Regional Labor Court of the 19th Region of Alagoas, located in the municipalities of Maceio, Boulder, Arapiraca, Palmeira dos Indios, Sao Miguel dos Campos, Watchtower, Uniao dos Palmares, São Luiz do Quitunde, Porto Calvo, Santana do Ipanema, located in the state of Alagoas/Brazil.

SAMPLE

Consisted of 159 magistrates/servers males aged 21-61 years (X = 42.30 years) and 148 magistrates/servers females aged 20 to 64 years (X = 41.60 years).

PROCEDURES

To join the search to only demand made was that magistrates/servers subjects participated in Gymnastics classes regularly. They were informed about the procedures, tests and protocols used. After clarification, was read and signed the Instrument of Consent (IC).

ASSESSMENT MANUAL HOLD	%
Excellent	12
Midfielder	18
Below	46
Good	07
Weak	17
TOTAL	100

Where it was identified that 12% of the 307 servers are level with excellent strength, 18% are with medium level, 46% below average, 7% are with good levels of strength and 17% are poor.

CONSIDERATIONS

After analyzing the results of the assessment of handgrip servers Regional Labor Court of the 19th Region Alagoas, we can verify that they are well below the capacity of force manual shows how the criterion of Heyward. We suggest that in gymnastics classes, are used rubber balls, tennis balls and rubber garroche, so you can improve the strength of manual servers Regional Labor Court of the 19th Region of Alagoas.

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ABSTRACT

The Gymnastics began to be understood as a major tool in improving the physical health of the employee reducing and preventing occupational problems. For (HARTMANN et al, 2008). The Regional Labor Court of Alagoas 19th Region concerned about the welfare of mankind in all its aspects, seeks to provide response mechanisms to prevent and minimize the consequences of various postural defects, injuries, occupational repetitive strain (RSI), structures that are degenerative and cumulative preceded by any pain or discomfort and even work-related disorders (MSDs), since we are aware that the body can not be separated from the mind, as it will only be complete and in full harmony, if running perfectly as a whole, in a single unit. Objective: This study aimed to evaluate the ability of manual force of magistrates / servers of the Regional Labor Court of the 19th Region Alagoas participating in gymnastics classes. Methodology: The sample consisted of 159 magistrates / servers males aged 21-61 years (X = 42.30 years), and 148 magistrates/servers females aged 20 to 64 years (X = 41.60 years) of the Regional Labor Court of the 19th Region Alagoas. For data collection was carried out test dynamometer adjusted to accommodate comfortably the anatomical individuality of the hands, and the server remained in a standing position, with the arm extended, as directed by the protocol Heyward & Franks (2000). Conclusion: After analyzing the results of the assessment of handgrip servers Regional Labor Court of the 19th Region Alagoas, we can verify that they are well below the capacity of force manual shows how the criterion of Heyward. We suggest that in gymnastics classes are used rubber balls, tennis balls and rubber garroche, so you can improve the strength of manual servers Regional Labor Court of the 19th Alagoas region.

KEYWORDS: Gymnastics, Power Capacity, Manual Hold.

MANUEL D'ÉVALUATION DES MAGISTRATS CAPACITÉ PUISSANCE/SERVEURS COUR DU TRAVAIL RÉGIONAL DES PARTICIPANTS DE LA RÉGION Alagoas 19 COURS DE GYMNASTIQUE DU TRAVAIL

RÉSUMÉ

La gymnastique a commencé à être considéré comme un outil majeur dans l'amélioration de la santé physique de l'employé réduire et de prévenir les problèmes professionnels. Pour (Hartmann et al, 2008). Le Tribunal du travail régional de la 19e région Alagoas préoccupés par le bien-être de l'humanité sous tous ses aspects, vise à fournir des mécanismes d'intervention pour prévenir et minimiser les conséquences de divers défauts de posture, les blessures au travail répétitif (LATR), structures qui sont dégénératives et cumulatifs précédée d'une douleur ou d'inconfort et même de travailler troubles liés (TMS), car nous sommes conscients que le corps ne peut pas être séparée de l'esprit, car il ne sera complète et en pleine harmonie, si vous utilisez parfaitement dans son ensemble, en une seule unité. Objectif: Cette étude visait à évaluer la capacité de la force manuelle des magistrats / serveurs de la Cour du travail régional de la 19e région Alagoas participer à des cours de gymnastique. Méthodologie: L'échantillon se composait de 159 magistrats/hommes âgés de 21 à 61 serveurs ans (X = 42,30 années), et 148 magistrats serveurs/femmes de 20 à 64 ans (X = 41,60 années) de la Cour du travail régional de la 19e région Alagoas . Pour la collecte des données a été réalisée essai dynamométrique ajustée pour tenir confortablement l'anatomie individuelle des mains, et le serveur est resté en position debout, le bras étendu, tel que prescrit par le protocole Heyward et Franks (2000). Conclusion: Après avoir analysé les résultats de l'évaluation de la poignée serveurs tribunal du travail régional de la 19e région Alagoas, nous pouvons vérifier qu'ils sont bien en deçà de la capacité de la force manuel montre comment le critère de Heyward. Nous suggérons que dans des cours de gymnastique sont utilisés balles de caoutchouc, balles de tennis et caoutchouc garroche, de sorte que vous pouvez améliorer la résistance des serveurs manuelles Tribunal régional du travail de la 19e région Alagoas.

MOTS-CLÉS: Gymnastique, Capacité d'alimentation, Tenir Manuel.

CAPACIDAD DE ALIMENTACIÓN MANUAL DE EVALUACIÓN DE MAGISTRADOS/servidores TRIBUNAL REGIONAL DEL TRABAJO DE PARTICIPANTES REGION DE ALAGOAS 19a CLASES GIMNASIA LABORAL

RESUMEN

Los Gimnasia comenzó a ser entendida como una herramienta importante para mejorar la salud física del empleado reducción y prevención de los problemas laborales. Para (Hartmann et al, 2008). El Tribunal Regional del Trabajo de la Región 19a Alagoas preocupado por el bienestar de la humanidad en todos sus aspectos, busca proporcionar mecanismos de respuesta para prevenir y minimizar las consecuencias de diversos defectos posturales, lesiones, tensión ocupacional repetitivo (RSI), estructuras que son degenerativas y acumulativo precedido por algún dolor o incomodidad e incluso de los trastornos (TME), ya que somos conscientes de que el cuerpo no puede separarse de la mente, ya que sólo será completa y en plena armonía, si se ejecuta perfectamente en su conjunto, en una sola unidad. Objetivo: El presente estudio tuvo como objetivo evaluar la capacidad de la fuerza manual de magistrados / servidores del Tribunal Regional del Trabajo de la Región 19a Alagoas participar en las clases de gimnasia. Metodología: La muestra estuvo constituida por 159 magistrados/hombres 21-61 años de edad servidores (X = 42,30 años), y envejecido 148 magistrados servidores/mujeres 20 a 64 años (X = 41,60 años) del Tribunal Regional del Trabajo de la Región decimonovena Alagoas . Para la recolección de datos se llevó a cabo la prueba del dinamómetro ajustado para alojar cómodamente a la individualidad anatómica de las manos, y el servidor permaneció de pie, con el brazo extendido, como lo indica el protocolo Heyward & Franks (2000). Conclusión: Después de analizar los resultados de la evaluación de la empuñadura Juzgado de Trabajo servidores Regional de la Región 19o Alagoas, podemos verificar que se encuentran muy por debajo de la capacidad de la fuerza manual muestra cómo el criterio de Heyward. Sugerimos que en las clases de gimnasia se utilizan pelotas de goma, pelotas de tenis y garroche de goma, por lo que puede mejorar la fuerza de los servidores manuales del Tribunal Regional del Trabajo de la 19 ª región de Alagoas.

PALABRAS CLAVE: Gimnasia, Capacidad de Potencia, Mantenga Manual.

AVALIAÇÃO DA CAPACIDADE DE FORÇA MANUAL DE MAGISTRADOS/SERVIDORES DO TRIBUNAL REGIONAL DO TRABALHO DA 19ª REGIÃO DE ALAGOAS PARTICIPANTES DE AULAS DE GINÁSTICA LABORAL

RESUMO

A Ginástica Laboral começou a ser compreendida como um grande instrumento na melhoria da saúde física do trabalhador reduzindo e prevenindo problemas ocupacionais. Para (HARTMANN et al, 2008). O Tribunal Regional do Trabalho de Alagoas 19º Região preocupado com o bem estar do homem, em todos os seus aspectos, procura proporcionar mecanismos de respostas que previnam e minimizem as conseqüências dos mais diversos vícios posturais, das lesões ocupacionais por esforço repetitivo (LER), que são estruturas degenerativas e cumulativas precedidas de alguma dor ou incômodo e ainda os distúrbios relacionados ao trabalho (DORT), visto que somos conscientes que o corpo não pode ser separado da mente, pois ele só estará completo e em harmonia plena, se estiver funcionando perfeitamente como um todo, num conjunto inseparável. Objetivo: O presente estudo teve como objetivo avaliar a capacidade de força manual de magistrados/servidores do Tribunal Regional do Trabalho da 19ª Região Alagoas participantes de aulas de ginástica laboral. Metodologia: a amostra se constituiu de 159 magistrados/servidores do sexo masculino na faixa etária de 21 a 61 anos (X = 42,30 anos), e 148 magistrados/servidores do sexo feminino na faixa etária de 20 a 64 anos (X = 41,60 anos) do Tribunal Regional do Trabalho da 19ª Região Alagoas. Para a coleta dos dados foi realizado teste, com dinamômetro ajustado para acomodar de forma confortável a individualidade anatômica das mãos, e o servidor permaneceu na posição em pé, com o braço estendido, conforme a orientação do protocolo de Heyward & Franks (2000). Conclusão: após analisados os resultados da avaliação de preensão manual dos servidores do Tribunal Regional do Trabalho de Alagoas 19ª Região, podemos verificar que os mesmos estão muito abaixo da capacidade de força manual como mostra o critério de Heyward. Sugerimos que nas aulas de ginástica laboral sejam utilizados bolas de borracha, bolas de tênis e borracha de garroche, para que possa melhorar a capacidade de força manual dos servidores do Tribunal Regional do Trabalho de Alagoas 19ª região.

PALAVRAS-CHAVE: Ginástica Laboral, Capacidade de Força, Preensão Manual.