123 - BENEFECTS RUTTINGS OF THE LEARNING OF IT I SWIM CRAWL FOR A PERSON WHO SOREU ONE HAS CAUSED AN ISQUEMMICO ACCIDENT VASCULAR

PAULA, GUILHERME ISAÍAS DE; ALVES, RONDINÉLIO ALMEIDA ;
CRUZ, JULIANA DE FÁTIMA.
Universidade Federal de Uberlândia, Uberlândia Minas Gerais, Brasil.
gui1302@yahoo.com.br

Introduction

In accordance with the Health department (1996) the illnesses cerebrovasculares this enters the main causes of death in our country, Acidente Vascular Cerebral (AVC) known popularly as spill has a prominence place, and also being considered one of the causes most frequent of death in the world according to Billeer and Love (apuid OLIVERIA, 2001).

Different AVC can have cause with this appearing diverse etiologies, but most common predominating the most common ischemic Cerebral Vascular Accident (AVCi) or either, the resultant neurological deficit of the cerebral sanguine suppliment insufficience, that can be transitory (transitory episode ischemic) or permanent, represents, in the national population, according to different statisticians, of 53,0% 85.0% of the AVC cases, predominating its permanent form the detention and the control of the risk factors is with priority tasks, therefore they allow to significant reduction of the incidence and return of the AVCi, whose tax of mortality varies of 14,0% 26.0%, for intermediary of changes of life habits, therapeutical medicamentosa, interventionist neuro-radiology or surgery. Its etiology is another point that must be evaluated, therefore makes possible adjusted treatment and/or correction, reducing the return risk. It is standed out, still, that great part of the population does not have this condition duly diagnosised; some factors of risk still are unknown, and in many sick people the AVCi does not have BRAZILIAN etiology esclarecida..(SOCIEDADE OF VASCULAR ILLNESSES CEREBRO, 2001).

The sistêmica arterial hipertensão (HAS) is the main factor of preditivo risk for AVCi, therefore it is present in about 70,0% of the DCV cases. Cardiopathies are considered as the factor of more important risk for AVC, whose frequency is 41.9% for AVCi (against about 2,0% for hemorrhagic AVC). Chronic atrial Fibrilação (FA) is the cardiac illness more associate with AVC, representing about 22,0% of these cases. Melito diabetes (DM) are factor of independent risk for the DCV, a time that speeds up the aterosclerótico process. About 23% of patients with AVCi they are diabetic. (LESSA, 1999).

The AVC more frequently has an incidence in the advanced age, period of life where if they observe the biggest taxes of death and sequels. The aged sick person, compared with the young sick person, possesss some proper characteristics in relation to the etiology and prevention of these illnesses. He has clear predominance of aterosclerose as DCV cause, in contrast of the young, between which hereditary conditions, malformations and use of illicit drugs prevail. He has some studies on the causes and the factors of risk of AVC in young; paradoxicalally, he has little studies in relation to idosos.(GREENBERG; AMINOFF; SIMON, 1996).

According to Burke and Manolio (apuid GREENBERG; AMINOFF; SIMON, 1996) in partnership with the advanced age the sedentarismo is a pparently found behavior in in the majority of the AVC cases.

The practical one of habitual physical exercises, besides promoting the health, influence in the whitewashing of determined patologias associates to the increase of the indices of morbidade and mortality in accordance with Guedes and Guedes (1995). These authors still defend the interrelation between the physical activity, physical aptitude and health, which if influence reciprocamente. The health state is determined and determines the indices of physical aptitude that influence and is influenced by the practical a of physical activity according to these authors. Physical activity is a well essential one for all individuals, also for the people with necessities special.

The physical activity has been used since the antiquity with resource in the whitewashing of patients with diverse types of deficiency (IT HISSES, 1985). The physical activity for people with necessities special has as intentions to explore its potentialities and to break the tensions, leaving the sedentarismo and preventing secondary deficiencies (FREITAS and COAST, 1999).

As Drowatzky (1973) by means of activity physical children with necessities special is displayed conditions of important factors of movements, that is of the basic forms as the "floor" that causes in the "exploration of the special environment" that not only conditions the child with necessities, but all those that some deficiency has, to develop the space concept the one that they learn to explore the characteristics of objects and the limitations of its proper body.

The practical one of physical exercise, besides fighting the sedentarismo, contributes in significant way for the maintenance of the physical aptitude aged it, either in its source of the health as in the functional capacities (VUORI, 1995). However little literature speaks on the practical one of the physical activity for individuals that had had a Cerebral Vascular Accident, Coast (2002) speaks on the improvement of the quality of life of these individuals in emotional aspects, with in the high confidence of the accomplishment of the activities, in the activities of daily life life expectancy among others questions.

The present work has as objective to tell the psicobiológicas changes, that the physical activity in the case swimming, provided to individuo of the feminine sort with age of 65 years that suffered a ischemic cerebral vascular accident by means of the hidroterapia.

Material and Methods

This study if it characterizes for a qualitative research with characteristics of case study. Triviños (1987) describes that the case study it is a category of research whose object is a unit that if it analyzes aprofundadamente, this definition determines its characteristics that are given by two circumstances, the nature and abrangência of the unit that this only can be a citizen, and also the complexity is determined by the theoretical supports that serve of orientation of its work to the investigator.

We carry through a study in one individuo, of the feminine sex, with chronological age of with 56 years with clinical diagnosis of Ischemic Cerebral Vascular Accident. We opt to the study of observacional case, where the technique of more important collection of data is the participant comment, the research was carried through in the swimming pool and the room of psicomotricidade of the College of Physical Education of the Federal University of Uberlândia inside of the Program of Attendance the Person with deficiency (PAPD) inserted in the Nucleus Interdisciplinar de Physical Atividade and Saúde (NIAFS). The used swimming pool has 6,0 m of width, 8,0 length m and 1,30 m the 1,70 m of depth with a temperature of the water between 28 and 33 centigrade degrees.

In motor tests, as of if balancing in the swimming pool, the pupil she had a limitation in that if she says respect, the flexão of the left knee and of the left arm having a partial movement, (hemiparesia), an atrophy in the muscular one in the inferior members had the pupil if to only dislocate with I assist of chair of wheels, was also evidenced that to balance it she needed a support, but possuía pupil an easiness in floating due a high percentage of 31% fat, in accordance with the protocol of described Faulkner for Derose (1980) this percentage confers a high risk of called health of obesidade mórbida.A pupil presented level of pressure of 180/120, that it generates a hipertensão picture, (WORLD-WIDE ORGANIZATION OF HEALTH, 1988).

In the psychological tests of the pupil, they had been developed by means of psicomotoras activities, as to mount

puzzle, rabbets, we notice a certain impatience on the part of the pupil saying, that "it would not obtain to only mount in correct way being valid does not waste the time with those idiotices", and little of anxiety the same one desmontrou when counting one minute time that would be given comparing with a chronometer surveying the capacity of secular concentration on the part of the pupil, carrying through is task in 10 seconds.

The sessions had been carried through three times per week with duration of 60 minutes each, enter the months of March and June of the year of 2002. The lessons had consisted of pedagogical exercises of swim it of crawl in view of easiness of the pupil to obtain to float in the position ventral decubitus and not to have fear to place the face in the water, but it did not hinder to work other positions with dorsal decubitus and of side.

Results

The sessions consisted of 5 minutes of passive and active allonges, exercises of movement of the body of the pupil: in dorsal decubitus and frontal movement of hip for the sides, in dorsal decubitus movement goes up and goes down of the hip, flexão and extension of the joint of the hands, flexão and extension of the arms, movement stops backwards, front and laterals in the vertical line. The activities of flexão and extension, adução and abdução and circundução of legs and arms in the water are also carried through quickly (in the limit of the pupil) and slowly, varying always the movements, exploring to the maximum the amplitude of its joints. To push for the sides objects to create a work of bigger effort for I left of the pupil, and for top, as pasta with objective of if creating a balance. Divings had also been enclosed for improvement of the respiratory capacity, as the pressure of the water exerted in the pulmões of the pupil, had been made activities to make bubbles with the expiration, after that the pupil with support made pernada style crawl with support of pasta and or human being, after that holding the edge of the swimming pool beating leg and revezando the arms for gesticulação of the braçadas ones of crawl after that held a plate and made this exercise in movement.

Final Considerations

With the employed activities to the pupil it had progress, being of great value the gotten results. By means of the learning of crawl the pupil presented a bigger freedom of movement being and emotional control in such a way when elapsing of the period of jobs of the activities and in house in accordance with the husband of mesma.Melhorou its concentration desmontrando this when mounting a breaking head of 2000 parts in 3 10 minutes before led about minute. The angulação of its superior members increased being possible of it obtained to rub the coasts during the bath that before had that to be rubbed by the husband. Its confidence in accomplishment of the activities also increased, questioning if it would not be capable to carry through them or not. Its control of apnea increased of 7 seconds for 13 seconds. When counting one minute it arrived close in relation it time to a chronometer speaking 47 seconds having improved as already it had said to its concentration and secular notion

Referencias Bibliográfica:

BRASIL, M. S. - Sistema de informações sobre mortalidade**. DATASUS - TABNET**. Indicadores e dados básicos. Brasil, 1997. Disponível em: www.datasus.gov.br. 1999. Acesso em 17 de setembro de 2005.

COSTA, A. M. ; DUARTE, E. . Atividade física e a relação com a qualidade de vida, de pessoas com seqüelas de acidente vascular isquêmico (AVCI). **Revista brasileira de ciência e movimento**, Brasília, v. 10, n. 1, p. 47-54, 2002

DEROSE, E.H.; PIGATTO, E.; DEROSE, R.C.F. **Cineantropometria, educação física e treinamento desportivo.** Rio de Janeiro: MEC / FAE, 1984. 80p

FREITAS, P. S. ; COSTA, A. M. . Adapted Phisycal Activity and sport program for disable person at Federal University of Ubrelândia. In: **12th International Symposium Adapted Phisycal Activity, 1999**, Barcelona. 12th International Symposium Adapted Phisycal Activity, 1999.

GILLUM, R .F.; MUSSOLINO, M. E.; INGRAM, D. D. Physical activity and stroke Incidence in Women and Men. **The NHANES I Epidemiologic Follow-up study**. Am. J Epidemiol. 1996

GREENBERG, D. A.; AMINOFF, M. S.; SIMON, R. P. Neurologia Clínica. **Artes Médicas 2.Ed**. Porto Alegre, p.273-306, 1996

GUEDES, D. P.;GUEDES J. E. R. P. **Exercício Físico na Promoção da Saúde**. Londrina: Midiograf. 1995

LESSA, I. Epidemiologia das doenças cerebrovasculares no Brasil. **Revista Sociedade Cardiologia.** Estado São Paulo, p.509-518, 999

OLIVEIRA, R. J. Atividade Física e Doença Cerebrovascular. **Revista Brasileira Ciência e Movimento.** Brasília, v.9, n.3, p.70, 2001

SBDCV. **Primeiro consenso brasileiro do tratamento da fase aguda do acidente vascular cerebral.** Arquivo Neuropsiqiatrico, p.972-980, 2001

TRIVINOS, A N.S. **Introdução à Pesquisa em Ciências Sociais.** São Paulo: Atlas, 1987.

Vuori I. Exercise and physical health musculoskeletal health and functional capabilities. **Res Q Exerc Sport..** 1995, v.66, p.276-85.

Brasil, Minas Gerais, Uberlândia, Avenida: Moisés de Freitas, n° 145,Cep:38400-000, Telefone: (034) 3216-0496, e-mail: gui1302@yahoo.com.br

BENEFECTS RUTTINGS OF THE LEARNING OF IT I SWIM CRAWL FOR A PERSON WHO SOREU ONE HAS CAUSED AN ISQUEMMICO ACCIDENT VASCULAR

Abstract

The present work consists of a study of case of individuo of the feminine sort with 62 years that a Ischemic Cerebral Vascular Accident suffered, where looks for to point out the proposal of physical activity in such a way searching an improvement of the quality of life for this individuo in motor and psico-social aspects, for this work we use the learning of it I swim crawl, knowing that individuo suffered hemiplegia from the left side of the body. To judge if individuo had improvements in the life of this was made a daily one of field, and we always used the depositions of the husband also to give emphasis to ours we trabalho.Tivemos resulted of evolution of this individuo how much the motor aspects, cognitivos and affective such as; of improvement in the balance; improvement in the capacity to go up and to go down stairs without ofegação; an improvement of the concentration of individuo in the accomplishment of the activities proposals; a bigger confidence of individuo in accomplishment of the activities, a significant improvement of mood.

Words keys: Cerebral Vascular Accident; Physical activity; Quality of Life.

BÉNÉFICES DU APRENDISSAGE DU NAGE CROWL POUR UNE PERSONE QUI A SOUFRERT UN ACCIDENT VASCULAIRE ISQUIÉMIC.

RÉSUMÉ

Le present travail c'est pour l'étude d'une persone feminin du 62 ans qui ele a soufrert un accident vasculaire cérébral isquiémic où nous vouluons monter une propouse d'ativitè físique en cherchant une amélioration de la qualité de la

vie pour cette persone tant de l'aspects monteurs et pcychique sociaux, pour cette travail nous utilizons les apprentissage du nage crawl, en sachant qui le persone avait soufrert hémiplégie em le côté gauche du corps. Pour analysé si il ait étè progress en la vie des persones nous avons fait une journal du campane, et toujours nous avions eu depoiments du mari pour enfatizers nous travaille. Il avait eu résultat de la evolucion des persones pour les aspects monteurs, cognitifs et afetifs comme: amendiment du équilibre; amendiment de la capacité de monter et descendre escalier sons haleter; amendiment du concentration de le persone em la ativitè propouse; plui confiance de la persone pour réalisation de las ativitès, une amendiment considérable d'humour.

Paroles clés: accident vasculaire cérébral, ativitè físique, qualité de la, amélioration de la vie.

Beneficios de aprender del nado de arrastre para una persona que sufrió del acidente la vascular de Isquêmico

Resumen

El actual trabajo consiste en un estudio del caso del individuo de la clase femenina con 62 años que sufrió un accidente vascular cerebral isquémico, donde busca para precisar la oferta de la actividad física de tal manera que busca una mejora de la calidad de la vida para este individuo en aspectos motor y psico-sociales, para este trabajo utilizamos aprender de él que nado el arrastre, sabiendo que el individuo sufrió hemiplegia del lado izquierdo del cuerpo. Juzgar si el individuo tenía mejoras en la vida de esto fue hecha diaria del campo, y nosotros utilizó siempre las deposiciones del marido también para darnos a énfasis los nuestros que trabalho.Tivemos resultó de la evolución de este individuo tal como cuánto los aspectos motores, cognitivos y el afectivo; de la mejora en el equilibrio; mejora en la capacidad de ir encima de y de ir abajo de las escaleras sin ofegación; una mejora de la concentración del individuo en la realización de las ofertas de las actividades; una confianza más grande del individuo en la realización de las actividades, una mejora significativa del humor.

Palabras llaves: Accidente Vascular Cerebral; Actividad física; Calidad de la vida.

BENEFÍCIOS DO APRENDIZADO DO NADO CRAWL PARA UMA PESSOA QUE SOREU UM ACIDENTE VASCULAR ISQUEMMICO

Resumo

O presente trabalho consiste em um estudo de caso de individuo do gênero feminino com 62 anos que sofreu um Acidente Vascular Cerebral Isquêmico, onde procuramos salientar a proposta de atividade física buscando uma melhora da qualidade de vida para este individuo tanto em aspectos motores e psico-sociais, para este trabalho utilizamos o aprendizado do nado crawl, sabendo que o individuo sofreu hemiplegia do lado esquerdo do corpo. Para julgar se houve melhoras na vida deste individuo foi feito um diário de campo, e sempre utilizávamos os depoimentos do marido para também dar ênfase ao nosso trabalho.Tivemos resultados de evolução deste individuo quanto a aspectos motores, cognitivos e afetivos tais como; de melhora no equilíbrio; melhoramento na capacidade de subir e descer escadas sem ofegação; uma melhora da concentração do individuo na realização das atividades propostas; uma confiança maior do individuo em realização das atividades, uma melhora significativa de humor.

Palavras chaves: Acidente Vascular Cerebral; Atividade Física; Qualidade de Vida.