

Composition of the exercise unit

An exercise unit is a certain period of time (according to the patient's possibilities, the environment, etc.) that the physiotherapist spends with the patient or patients and together they devote themselves to the KRP (or DRP). The construction of CJ for a sick person differs from the construction of CJ for healthy individuals, e.g. school physical education or training programs.

CJ Leadership

It is good to have a written preparation, which we modify according to the course of the exercise. We speak clearly to the patient, we encourage action with our voice, we time the movements, it is also good to support the exercise with music. We repeat the exercises 5-6 times. We should avoid rapid changes of positions. We monitor the patient's reaction to the exercise, whether he is sweaty, pale, short of breath, in these conditions we prefer to end the exercise. With cardiac patients, we pay attention to blood pressure, which may only rise slightly and must not fall. Heart rate should only increase by about 20 beats.

CJ Construction

Initial Check

It is rather an initial conversation with the patient or patients. How do they feel today, has anything changed since last time, how are they breathing today and we also ask about pain. For cardiologists, it is important to measure the heart rate and blood pressure, if possible, not only at the beginning, but every time you change position and after each completed part of the CJ. Verbal motivation of the patient, improvement of his psyche before exercise is also important here.

The busy part

We will familiarize the patient or patients with the course of the exercise. What will it start with, what will follow, what will we focus on or what will be new. We start with simple exercises for blood circulation and warming up the body. We mainly use elements of respiratory and venous gymnastics combined with simple limb movements. It is mostly practiced in a lying position.

Main Section

We divide the main part into two basic parts, the treatment and fitness part.

Healing part

In this section, we mainly focus on the affected part. To restore, improve or at least maintain functional abilities.

Fitness part

In this part, we focus on the overall physical and psychological state of the organism. We can also include light game elements. In this section we also add new elements and new exercises.

Final part

It is a general calming and relaxation of the organism. We include breathing exercises and slower exercises.

Final review and evaluation

We will evaluate the course of the CJ, perspectives, outline the CJ plan for the next meeting, assign tasks, repeat important exercises. We measure BP and TF, monitor breathing.

Time consumption

How much time CJ takes is very individual, for patients it usually does not exceed 30 minutes. The approximate time schedule is shown in the table of the time requirements of the individual parts.

Time consumption of individual parts		
Busy part	10-20%	3-6 minutes
Healing Part	40%	12 minutes
Fitness part	30%	9 minutes
Final part	10-20%	3-6 minutes

Links

References

- HALADOVÁ, Eva. *Léčebná tělesná výchova : cvičení*. 3. edition. Národní centrum ošetrovatelství a nelékařských zdravotnických oborů, 2007. ISBN 9788070134603.
- HROMÁDKOVÁ, Jana. *Fyzioterapie*. 1. edition. H & H, 2002. ISBN 8086022455.
- KOLÁŘ, P. *Rehabilitace v klinické praxi*. 1. edition. Galén, 2010. 713 pp. ISBN 978-80-7262-657-1.