

Methods and particularities of the evaluation and application of kinetoprofilaxy during active balneary treatment

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Abstract

The modern industrialized society, technology, pollution and daily stress are continuous challenges for the 21st century and for modern medicine in its search for finding new prophylactic methods to increase human resistance against these aggressive factors and prevent contemporary pathologies.

Desk-related work, physical activity restraint and an unhealthy diet are causes for obesity and for the so-called “deconditioning syndrome” or „hypokinetic syndrome”, with long-term dysfunctions on affected young-active adults.

Scientific studies have proven the importance of sustained physical activity in the maintenance of physiological parameters at normal values. This paper presents the advantages, objectives and methods of kinetoprofilaxy during active balneary treatment with certain peculiarities linked to the age and the functional level for each individual.

Kinetoprofilaxy seen as a physical and sport activity, supervised, sustained and correctly monitored is an important therapeutic agent for the deconditioning syndrome, promoting well-being and the prevention of life-related diseases as well as increasing active periods in life.

Key words: kinetoprofilaxy, deconditioning syndrome, active balneary session/treatment.