ADAPTIVE GYM EQUIPMENT: REHABBING WORKOUTS REPORT #2904

BACKGROUND: The spinal cord is a group of nerves that runs down the middle of the back and carries signals between the body and the brain. A spinal cord injury disturbs these signals causing complications. They usually begin with a blow that fractures, dislocates, or breaks the vertebrae. Most injuries don't cut through the spinal cord, rather cause damage when pieces of vertebrae tear into cord tissue or press down on the nerve parts that carry signals. With a complete spinal cord injury, the cord can't send signals below the level of the injury resulting in being paralyzed below the injury. With an incomplete injury, you have some movement and sensation below the injury. Treatments can include medicines, braces, or traction to stabilize the spine, and surgery. Later treatment includes medicines, rehabilitation therapy, and even mobility aids and assistive devices that may help you get around and do daily tasks.
(Source: https://medlineplus.gov/spinalcordinjuries.html)

PHYSICAL ACTIVITY AND DISABILITIES: Adults with disabilities are more likely to have obesity, heart disease, stroke, diabetes, or cancer than adults without disabilities. Many adults with disabilities and chronic health conditions can participate in regular physical activity; however, it's important to consult with a physical therapist or personal trainer first to understand how the disability or health condition affects the ability to safely do physical activity. The National Association of Chronic Disease Directors uses an Inclusive Healthy Communities Model to promote disability inclusion strategies and make healthy living easier for all people. Through policy, systems, and environmental changes, this model focuses on increasing access to healthy living opportunities like healthy eating; physical activity; general accessibility improvements; and tobacco use prevention or cessation.
(Source: https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html)

ADAPTIVE FITNESS CENTERS AND GYMS: Adapted fitness is training for people with both temporary and permanent disabilities, adapted to the needs of the individual. It can be used for weight management, stress management, healthier lifestyle choices, and more. The programs are centered around each person's goals, whether it be weight management goals or athletic goals. In addition to physical training, adapted fitness also serves as a tool to help clients define their sense of self and confidence. This adapted approach will have different results for everybody, however, there are some medical benefits. A few of the biggest benefits are in pain reduction, functional strength development, cardiovascular endurance, flexibility, and mobility. Other possible benefits are improved blood circulation, digestion, bone density, muscle strength, core strength, cardio strength, and reduced muscle atrophy and spasticity.
(Source: https://www.nfpt.com/blog/the-adapted-fitness-training-model-explained)

✉ **For More Information, Contact:**

Joanna Palmer, Public Relations
joanna@pitchperfectprmiami.com