



# GROUP EXERCISE





## **DEFINITION**

- Exercise: it is a subcategory of physical activity that is planned, structured, repetitive and purposeful in the sense that the improvement or maintenance of one or more components of physical fitness is the objective.
- Group of people performing a determined set of exercise under the supervision of a physiotherapist.





- Homogenous group members
- Consists of 6-8 subjects
- Individual concentration
- Stimulation is utilized from working with each other





## VALUES OF GROUP EXERCISE

- The patient learns to take responsibility for his own exercise during the group exercise therapy which helps towards adequate home practice. Patients treated individually.
- The amount of attention given to the individual patient decreases in proportion to the number in the group, and yet a measure of help, supervision and encouragement is available when required.
- . The patient learns to work with others and no longer considers himself set apart from his fellow members because of his disability.





- Effort is stimulated by some activities which call for mild form of competitions.
- Sometimes group exercises are fun.
- Patients are helped to forget their disabilities temporarily by objective and game-like activities, which are only possible in group treatment.





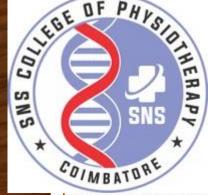
## RGANISATION OF GROUP EXERCISE

### **Selection of patients:**

 Homogenous subjects with respect to disability, age range, sometimes gender.

#### **Grading of groups:**

- location and nature of the disability
- the age group
- gender of the subject
- nature and strength of the exercises performed.





## EXAMPLE FOR GROUP GRADING

Type of group	Type of Subjects
Leg C	Traumatic injuries; for NWB exercises
Leg B	Traumatic injuries; for PWB exercises
Leg A	Traumatic injuries; for full WB exercises and activities leading to final rehabilitation
Leg X	Non-traumatic conditions for NWB exercises
Weight lifting and pulleys	Patients needing repetitive resisted exercise for various parts of the body can work simultaneously under the direction of one physiotherapist





## EXPLANATION

- Preliminary instructions must be given to patients before joining the group. This will develop her/his confidence.
- If the patients are not confident enough to join the group; it is necessary to advice them to watch the group exercise session which they will be joining.
- Instructions regarding exercises and breathing pattern is also given.
- Instruction regarding raising the hand/signaling to the therapist to attain the help is delivered prior to the session.





# TECHNIQUES OF INSTRUCTION

- Command
- Rhythm or beats of certain frequency
- Demonstration either manual/pamplet/video of a type of group exercise while performing the exercise.



### **MERITS**

- Build up confidence
- Stimulates the effort while performing exercises thus; improving endurance as well as strength.
- Group exercises can be modified to attain the balance and co-ordination in subjects with the respective deficits or even in geriatric group.
- If performed by geriatric; it build good communication
- Builds a mild form of competitive levels while performing.





## **DEMERITS**

- Individualized focus/attention cannot be delivered
- Individualized help cannot be delivered.
- Every subject cannot participate
- Only certain form of exercise can be practiced
- Small group gives better outcome