



# GROUP EXERCISE

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# DEFINITION

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- 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.



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- 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.



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- 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.



# ORGANISATION OF GROUP EXERCISE

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## **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

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- 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

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



# MERITS

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- 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

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- 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