



Implementation of a physical activity and sports stimulation program in rehabilitation setting

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Niguarda Hospital is a General Hospital, part of national health system, that hosts all the disciplines for adults and children and all medical disciplines, from diagnosis to rehabilitation. Within the hospital there are two realities of excellence in rehabilitation: the Equestrian Rehabilitation Center and the Spinal Unit (SU).

The first one, is specialized in Equine Assisted Therapy (EAT) for patients in developmental age with disabilities. EAT is a rehabilitative practice that takes advantage of the motor stimuli generated by the movement of the horse as the rhythm, the quality and the speed of the gait. In addition, the horse plays the role of mediator of the patient-therapist relationship, enhancing motivation and compliance with the intervention.

The SU is intended for the treatment, rehabilitation and reintegration of Spinal Cord Injury patients. In SU, Adapted Physical Activity (APA) and sport therapy are offered from an early stage. The goals are to reach benefits on cardiovascular and respiratory function, muscle strength, change in body composition, wheelchair management, coordination and balance, prevention of functional overload diseases, mood, developing self-esteem, encourages socialization. The available APA is aerobic and weight training and real sports activity (swimming, blowgun, archery, basketball, etc.).

These two rehabilitation services integrate APA and sports activities as a standard component of an individual rehabilitation treatment program.

The purpose of this paper is to show the possibility to implement physical and sport activity in formal rehabilitation settings thanks to a multidisciplinary approach and new developments in management a structured planning.

Biography:

Bachelor's Degree in Physiotherapy at the Insubria University (Varese) in 2006; Master's degree in Healthcare Management at the IULM University (Milan) in 2010; Second Cycle degree in Health Professional Science of Rehabilitation at the University of Milan; all cum laude.

Presently, Rehabilitation Area Manager for the Health Professions Direction at Niguarda Hospital in Milan; PhD student in Advanced Science and technologies in Rehabilitation, Medicine and Sport at Tor Vergata University (Rome); Adjunct Professor at University of Padua (Second Cycle degree Rehabilitation's Science), and Milano-Bicocca (First Cycle degree in Physiotherapy).

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