



BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI-620 024,
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Programme : Master of Physical Education

**Course Title: PORTS MEDICINE,
PHYSIOTHERAPY AND REHABILITATION**

Course Code : 21BPE34EA

Unit -V

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Unit – V

Therapeutic Exercise :

Definition:

❖ Therapeutic exercise is the systematic and planned performance of body movements or exercises which aims to improve and restore physical function.

❖ Therapeutic exercises refer to a wide range of physical activities that focuses on restoring and maintaining therapeutic exercises.

Scope and Principles of Therapeutic Exercises:

- ❖ Strength
- ❖ Endurance and Cardiovascular fitness.
- ❖ Mobility and Flexibility
- ❖ Stability
- ❖ Relaxation.
- ❖ Co – Ordination, Balance and functional skills.

Principles of therapeutic exercise

1. Specific: (focal) and general exercises.
2. Dosage: exercises administered with due regard to dosage.
3. Rhythm: rhythmic exercises in regard to contraction and relaxation.
4. Progression: progressive exercises in Range, Power, Time.
5. Variation: exercises, variable in form – the chief form being.
 - ✓ Medical Gymnastics
 - ✓ Occupational Therapy
 - ✓ Recreational therapy

Classification of Therapeutic Exercises:

- Therapeutic exercises are classified according to the aim and purpose of the exercises into many types:
 - Range of motion exercises which aim to maintain and increase range of motion as traditional ROM exercises (passive, active and active assisted ROM exercises) and techniques of joint mobilization and soft tissue stretching.
 - Muscle performance exercises to increase muscle strength, power and endurance as resisted exercises and endurance exercises.
 - Postural exercises to improve posture and correct faulty posture.
 - Balance and coordination exercises to improve balance and coordination.
 - Relaxation exercises to induce relaxation.
 - Area specific exercises as breathing exercises and circulatory exercises.

performed by the patient's voluntary muscular effort in the absence of any assistance or resistance of external force except gravity.

Free Mobility Exercises

- ✓ Shoulder
- ✓ Wrist
- ✓ Palms
- ✓ Ankle
- ✓ Leg

