

РЕНАВ Онлайн-тренінги: «Фізіотерапія при травмі спинного мозку» та «ТВР в легеневій реабілітації»

21 грудня 2021 року та 21 січня 2022 року в рамках реалізації проекту «Інноваційна реабілітаційна освіта - впровадження нових магістерських програм в Україні (РЕНАВ)» № 598938-ЕРР-1-2018-1-LV-ЕРРКА2-СВНЕ-JP програми Еразмус+, що фінансується Європейським Союзом проходили тренінги «Фізіотерапія при травмі спинного мозку» та «ТВР в легеневій реабілітації» для викладачів та студентів спеціальності 227 Фізична терапія, ерготерапія.


The screenshot shows a Zoom meeting interface. The top left corner features the REHAB logo, which includes the text 'REHAB' and 'Co-funded by the Erasmus+ Programme of the European Union'. The top center displays 'Zoom' with a dropdown arrow. The top right has a 'Leave' button. The main content area has a dark background with white text. The title 'Children wheelchair' is at the top. Below it, the text reads: 'Special wheelchairs are made for children with disabilities who are not suitable for reduced-size conventional wheelchairs. In most cases, wheelchairs of all types are also made for children, but they are reduced to the required dimensions by lowering the seat, fitting smaller main wheels and attaching higher push handles.' To the right of this text is an image of a purple and black wheelchair. The bottom of the slide shows Zoom controls: 'Unmute' (muted), 'Start Video' (video off), 'Share' (share icon), 'Participants' (78), and 'More' (three dots).

The screenshot shows a Zoom meeting interface. The top right corner features a video thumbnail of a woman. The main content area has a dark background with white text. The title 'Adapted physical activity' is at the top. Below it, the text reads: 'Adaptation to physical activity is most often provided in form of: appropriately designed and modified equipment (prosthesis, wheelchairs, mono-ski, ball size etc.), task criteria (e.g., modifying skill quality criteria or using a different skill), instructions (e.g., using personal supports, peer tutors, non-verbal instructions, motivational strategies), physical and social environments (e.g., increasing or decreasing court dimensions; segregated vs. inclusive; type of training climate: mastery oriented, collaborative or competitive environment; degree of peer and parental support), &'. At the bottom left, it says 'Aušrinė Pačevičiūtė's screen'. At the bottom right, there is a REHAB logo with the text 'REHAB' and 'Co-funded by the Erasmus+ Programme of the European Union'.



Тренінги були організовані факультетом зміцнення здоров'я та реабілітації Литовського спортивного університету у програмі Zoom.


Учасниками тренінгів були представники Львівського державного університету фізичної культури ім.І. Боберського, Національного університету фізичного виховання і спорту України, Тернопільського національного медичного університету ім І. Горбачевського та Сумського державного університету.

Inspiratory muscle training






- IMT is an effective treatment modality in COPD patients to improve **respiratory muscle strength and endurance**, resulting in reductions of dyspnoea and improvement in functional exercise capacity and HRQoL.
- Patients with more advanced muscle weakness seem to be better responders, especially when **considering IMT in addition to general exercise training**.
- Inspiratory muscle endurance training was shown to be less effective than respiratory muscle strength training.



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Wagers, J., Decramer, M., & Kwakkel, G. (2011). Impact of inspiratory muscle training. *European Respiratory Journal*, 37(2), 416-425.


Aija Klavina  Ступницька...  Olena Lazarie...  >

Recording

Functions of the rib cage



- The rib cage protects the organs in the thoracic cavity.
- Insertion place of the muscles of upper extremities. Provides support for the upper extremities. Activities must be coordinated with inspiration efforts. Inhale at minimum load.
- Assists in respiration, attachment of the respiratory muscles.

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Під час тренінгів лектори розповідали про :
- Фізіотерапія при травмі спинного мозку , Agne Šekauskaitė – Krušnauskienė та Aušrinė Paskeviciūtė , викладачі, наукові співробітники Литовського Спортивного Університету.

- ТВР в легеневій реабілітації, Вільма Дудонієне, доцент, науковий співробітник Литовського Спортивного Університету..

The screenshot shows a Zoom meeting interface. The title bar at the top reads "Zoom" and "Sjogren's syndrome". On the left, there are controls for "REC", "Unmute", and "Start Video". The main content area features a bulleted text: "• Chronic inflammatory disease of unknown etiology characterized by decreased secretions, dry eyes, dry mouth, and inflammation in joints". Below the text are three images: a close-up of a dry mouth, a close-up of a dry eye, and a profile of a woman's face showing dry skin. On the right, there is a small video window of a woman speaking and a "Leave" button. At the bottom, there are controls for "Share", "Participants" (107), and logos for "REHAB" and the "Erasmus+ Programme of the European Union".

The screenshot shows a Zoom meeting interface. The title bar at the top reads "Zoom" and "Lupus". On the left, there are controls for "REC", "Unmute", and "Start Video". The main content area features three images: a close-up of a woman's face with a red rash on her cheeks, and two MRI scans of a human spine. On the right, there is a small video window of a woman speaking and a "Leave" button. At the bottom, there are controls for "Share", "Participants" (104), and logos for "REHAB" and the "Erasmus+ Programme of the European Union".

Учасники тренінгу, були дуже зацікавлені поданим матеріалом, задавали питання тренерам, відбулося жваве обговорення.

**Online REHAB trainings: «Physical therapy in spinal cord injury»
and «TBP in Pulmonary Rehabilitation».**

December 21, 2021 and January 21, 2022 within the framework of Erasmus+ program project «Innovative Rehabilitation Education - Introduction of new master degree programs in Ukraine» (REHAB) No. 598938-EPP-1-2018-1-LV-EPPKA2-CBHE-JP funded by the European Union were conducted an online webinars on current topic " Physical therapy in spinal cord injury " and " TBP in Pulmonary Rehabilitation" for teachers and students of the specialty 227 - Physical therapy, occupational therapy.

The webinars were organized by the Department of Health Promotion and Rehabilitation, Lithuanian Sports University in Zoom program.

The participants of the trainings were representatives of I. Boberskyj Lviv State University of Physical Culture, National University of Physical Education and Sports of Ukraine, I. Horbachevskyi Ternopil National Medical University , Sumy State University, Lithuanian Sports University, Latvian Academy of Sport Education.

During the training, lecturers talked about :

- Physical therapy in spinal cord injury, Agne Čekanauskaitė - Krušnaukienė, Lecturer, Researcher and Aušrinė Packevičiūtė Lecturer, Researcher
- TBP in Pulmonary Rehabilitation, Vilma Dudonienė, assoc. Professor, Researcher.

The participants of the training were very interested in the presented material, asked questions to the trainers, so there was a lively discussion on the topic of the training.

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