



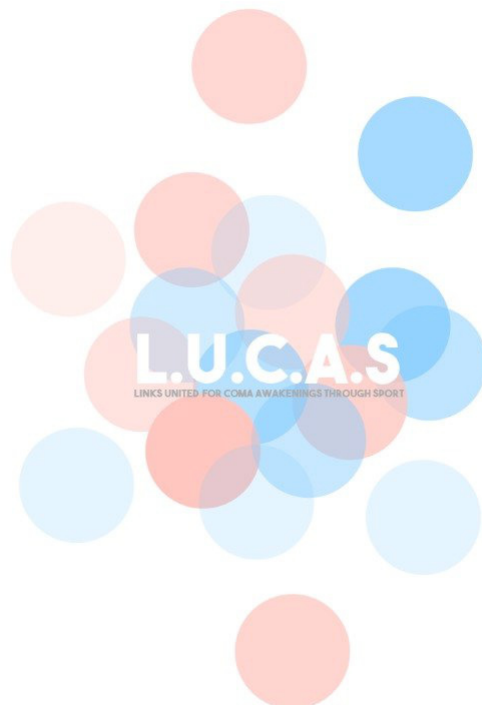
LUCAS

Links United for Coma Awakenings through Sport

CASE HISTORY

Country: SPAIN

Organization: DEPENDENTIAS/SEAS



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A case history in applying/testing the LUCAS' process and methodology

A story of the experience of people involved that can be an highlight as a significant case study as far as the use of the LUCAS' methodology is concerned

1) **Description of the case history** (lessons organisation + sport applied/movement activities/physical activities as tools and means to achieve the expected objectives and results)

Mr. PEPE JESÚS REYES has been the most significant case.

❖ **Sport activity: PILATES**

❖ **Objectives marked in the session:**

1. Concentration: to maintain the mind totally focused on the exercises.
2. Centralization: to perform correct postures.
3. Movement fluidity: to improves the flexibility.
4. Breathing: to learn the correct breathing.

❖ **Objetives marked in the session with the user (Mr. Pepe) and his caregiver:**

These are some of the objectives to be achieved:

1. Create a meeting space for him and his caretaker.
2. Improve social skills and emotional bond.
3. Encourage communication between them.
4. Work cooperation and trust between them.

❖ **Organization of the activity:**

The session started with a good reception of the physiotherapist **in the gym of the association ADACEMA.**

• **60 minutes alone:**

1. Warm-up. The first session starts with a duration of 20 minutes.

The functional warming up is performed. The goal is to prepare the body and mind. For the warming up activity has been carried out:

- **White mind.** It has focused on teaching the user about how important in not thinking (especially at the beginning). It is perhaps the most difficult of any relaxation technique, to remove thoughts, especially the bad ones of our brain. The physiotherapist explained to him that he was abstracted to idyllic places or situations like a beach or field.
- **The breathing.** The physiotherapist taught and showed the user to make a good diaphragmatic breathing. It has focused on doing inspirations through the nose and exhaling through your mouth, squeezing your waist inward.
- The physiotherapist draws attention and focuses on the here and now, towards his own body, to make him aware of his own tensions and to predispose his mind to be open and relaxed for later exercises.

2. Pilates exercises. The second part of the session with a duration of 40 minutes.

Activities carried out in one of the sessions:

- **Neck Roll Basic:** it is a rotation movement of the neck from right to left and from left to right. The shoulders are kept down and they can do it with the arms a little more forward. The idea is to relax the muscles of the neck.
- **Pilates exercises to stretch the muscles of the abdomen:** this exercise focussed on the user lying face down on the mat. He was holding his arms forward and he stretched his whole body. He leaned on his hands and lifted his body slowly. He kept his head straight throughout the exercise. He stretched until he felt the tension in the muscles of his abdomen.
- **Fitball:** the user holds the ball with arms extended and shoulders slightly raised, the user makes a turn on both sides trying not to move the hip. Breathing: breathe in neutral and exhale in lateral position.
- **Legcircle:** the user is lying on an upright position and one of his leg is extended on the floor, the other leg extended upward at a right angle to the hip. The leg that is extended in the floor is slightly in internal rotation, the leg that is extended towards the ceiling is slightly in external rotation.

• **30 minutes with his family:**

The session started with a good reception of the physiotherapist.

They were made a circuit through group dynamics.

Two of the games performed in one of the sessions are described:

INITIAL GAMES: Confidence, motivation and complicity

1) MY FACE ON THE MIRROR. TWO PEOPLE

They have to be one in front of another one. One have to make the movements, and another one have to be the mirror and imitate all the signs.

With sleepy face: yawning, combing, brushing the teeth, shaving. Leave your imagination free.

2) I AM AN ARTIS. IN GROUP

- First part: One by one have to pass between two rows of people, and have to shout: I am a/an....! (artistic job: painter, model, actor, actress, doctor...) and the rest of the people have to tell to him/her good things about him, screaming, congratulating clapping, jumping etc.

- Second part: After that, the same person will pass again between the same people, but in silent and closing the eyes, and one by one, have to tell him/her something good about him/her, whispering.

Things as: “you are the best”, “your smile is beautiful”, “you are very brave”... etc.

With people with disabilities, we will do the same but the person be will be within a circle, and we will go to him one by one on the second part.

For people with disabilities who find it difficult to talk, they write it down on paper and for people with reduced mobility they will do the same but the person will be within a circle, and we will go to him one by one on the second part.

It has worked with other elements to perform more complex exercises in the use of neurological balls, theraband, among others...

The physiotherapist says goodbye and thanks all participants for their collaboration.

2) **Beneficiaries** (*beneficiaries of the case history indicating type, and type of disability etc.*)

Mr. PEPE JESÚS REYES has been the most significant patient.

Background: ictus two years ago. He worked as a transporter and the ictus happened while he was sleeping. As a result of the stroke, he has had a couple of epileptic seizures. He has been operated on by the gallbladder, and now he is in the recovery phase.

Type of disability: moderate disability. Physically, he has a hemiplegia and he walks with difficulty. At the cognitive level he has an aphasia. He understands what he is talking, he finds difficulties to express himself and becomes him very nervous. He has not lost his memory.

3) **Involved Organizations**

The organization involved: Association of Acquired brain injury from Malaga (ADACEMA).

4) **Outcomes** (*Indicating the results that have been achieved at the end of the activity*)

Regarding the methodology used, the physiotherapist has performed the exercises proposed in Pilates.

❖ **Positive aspects of the patient are:**

- At the beginning of exercises he needed help because some of them were more complex in their implementation. Session after session he showed more independent, autonomous, and even he helped his colleagues so that also he increased his social integration...
- Empowerment in their capacities, showing himself more confident.

5) **Success and Challenges** (*positive aspects and critical points*)

❖ **Benefits of Pilates in Mr. Pepe:**

- An increased autonomy and independence.
- Improvement in musculoskeletal system.
- Improvement in muscle tone.
- Improvement in coordination of movement and balance.
- Improvement in self-esteem.
- Promoting the socializing with other people in similar conditions.
- Approaching with the caregiver and improving the relationship.

❖ **Critical points:**

- **Regarding Pepe**, in general, no critical points have been observed in your case:
 - He has responded favorably to classes both himself and his caregiver.
 - He completed the questionnaires without help.
 - While it is true, he has complained about the number of questionnaires and because they are too long for him. He was tired.
- **Regarding your caregiver**, there are no critical points.

6) **Photos**



7) **Contacts**

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