



## **Movement Rehabilitation**

**Instructor and Guide: Ms. Batche Uziel**

5 ECTs (120 academic hours of practice at Rehab Center)

10 ECTs (210 academic hours of practice at Rehab Center)

The Wingate Academic College has a fitness and rehabilitation center designed for children, teens and adults with limited mobility, such as spinal cord injury, stroke, head injury, post-polio, cerebral palsy, muscular dystrophy, Parkinson's disease, multiple sclerosis, and rheumatic diseases.

The goal of rehabilitation is to return the patient to the previous functional level as much as possible, to be as independent as possible in day-to-day functioning and less dependent on the environment and family, and to improve his/her quality of life.

Center Hours: The center operates during the week in the morning from 10am to 12pm and Mondays from noon to 6 p.m.

Activities include:

- Exercise in the gym - aerobic activity and strength development on power devices and weights.
- Pilates lessons on mattress and Pilates devices.
- Feldenkrais lessons on mattress and personal Feldenkrais treatments.
- Emotional therapy through movement therapy and art.
- Movement practice with virtual reality assistance.
- Therapeutic horseback riding.
- Workshops and seminars to promote a healthy lifestyle.

As part of the activity, a personalized plan is built for each participant and combines individual training with group training.

The program includes: aerobic exercise, weightlifting on muscle strengthening devices, specific range-of-motion exercises, maintaining balance, flexibility exercises, day-to-day functional skills training, such as side-to-side rolling, sitting from lying position, standing up

from sitting position, and practicing walking in different paths and levels to accustom the participant to more options for transitions as they will encounter in daily life.

The Center's rehabilitative sports activities are designed to:

- Cultivate functional control of daily skills and improve their quality of life.
- Develop perceptual and spatial skills.
- Improve physical abilities, flexibility, range of motion, balance and muscle strength.
- Assist in transitioning from a state of dependence to independence, develop social relations and community integration.
- Turn these skills into an integral part of your daily routine.

The activity is done with auxiliary accessories, such as: hoops, various balls, rings, elastic bands, sticks, equilibrium devices, physical balls, rollers, free weights, springs and the like.

The entire activity is done under close supervision of the staff.

In addition to rehabilitative activities aimed at improving the quality of life and helping patients integrate into the community functionally so as not to be a burden on their environment, the center also serves as a meaningful place for social gathering to the participants and their families, celebrating birthdays, holidays, and any other family event. Students participate in all of the above events and see and learn how to accept difference and integrate it into the regular community.

**Grade:**

Students receive a grade based on the following criteria:

1. Engagement with and commitment to patients and their needs in the center, and to the program.
2. Comprehension of the movement rehabilitation principles.
3. Comprehension of how to apply movement rehabilitation activities appropriate for diverse needs.
4. Execution of movement rehabilitation activities for diverse needs.