Effectiveness of Takizawa Physical Exercise Program on elderly patients

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The Japanese population in the near future will show us serious fact which means less young aged adults but much more elderly patients. We medical staff have to face our urgent problem to reduce care-dependent disabled elderly patients. To solve the problem we’ve found the multi-effects exercise, Takizawa Physical exercise Program. I’d like to introduce this easy but practical program.

(Takizawa physical exercise Program)
This program was established by one physical therapist (PT) named Kyoko Takizawa. In this exercise the therapist uses special treatment tools just like toys, PataPata/KoroKoro for lower extremities, Pulley for shoulders, Parallel bars for standing and training and Raku walkers for ambulation indoors.

The exercise prescription by medical doctor depends on the patients’ function assessed by PT. The members of the staff consist of a medical doctor, a PT, and several care assistants. It takes about 20~40 minutes for one person but one PT can manage 50 patients in 2~3 hours by the flow work method with some assistance. The principle of this exercise is gentle, never to give patients a painful feeling or them to hate physical exercise. The very small assistance can help patients do exercise by their own activities using some special tools. The small medical staffs can treat the more patients’ residual capacities by Takizawa Program.

(Effect of this program)
Our study in the Health care facilities for the elderly requiring long-term care, 2000 found the effectiveness of this program. To compare the patient’s ADL by ambulatory function between admission and after some training periods, increased numbers 16% to 42% to ambulatory. This outcome had remarkable results among the same care facilities.

(Summary)
The short hospital stay gives the elderly patients a disadvantages of not recovering their function in time of discharge. In the next care facilities after returning home, we need effective and efficient methods to get back their best function. This program is the one we recommend to you.