Introduction of the Takizawa Method and Motivative Exercise

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Abstract

Our research has a long history. Research began by the lawmaker of the local governing having recognized the result of the community rehabilitation in 1987. Then, the Takizawa method rehabilitation was performed at the inpatient of the hospital for the bedridden elderly¹⁾²⁾. We verified the fact that the elderly inpatients of the terminal stage who had been admitted to a hospital in the state of bedridden re-gained the 1/3 walk as a result of an investigation of a medical chart and factual survey³⁾⁴⁾⁵⁾. And the orthopedists of Fujisawa-Shi described the first fact paper with Takizawa, and it was published⁶⁾. We introduce you the research done on the Geriatric Health Services Facility Shonan-no-oka as a supplementary examination of this fact today. The doctors and the physiotherapists did this research for one year. The number of those who regained the walk was 35 as the result⁷⁾. And the number of those who could walk was seven at the beginning. Moreover, we admitted the significant effect to the item of a walk and a toilet about an FIM score in the statistical evaluation⁸⁾. According to video televising, we explain the actual condition of the Takizawa method, technique of having explained this fact, and introduce it.

Keywords: Takizawa method, Motivative exercise, inpatient, weak elderly, kinetic rehabilitation

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