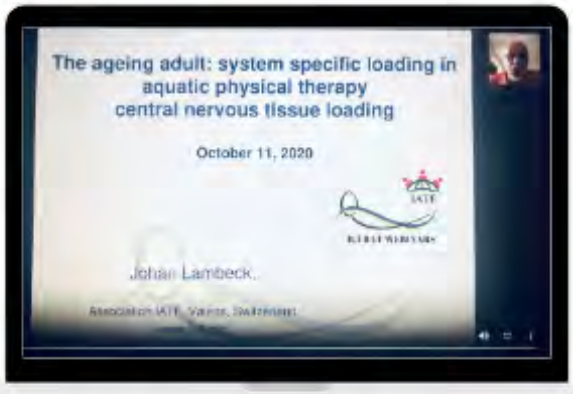
AQUATIC THERAPY : EFFECTS ON NEURO-INFLAMMATION AND EXECUTIVE FUNCTIONS



CLINICAL APPLICATION MESSAGES

Ask how you can rewatch it

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- Aquatic - high-intensive - exercise will always be safe and is **NOT** the cause of relapses in neurology
- **Aquatic exergaming** combines high-dose playful movement exploration, focused on individual specific impaired balance control and challenging executive elements.
- Halliwick games can easily be adapted to include executive functions in a way that is intrinsically motivating
- Walking is important and perfectly suitable to include the notion "what is good for the heart is good for the brain"

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- Exercise and especially high-intensity interval training (HIIT) can alleviate various symptoms
- in many neurodegenerative conditions (e.g. persons with MS) and may also have disease-modifying effects.
- Intensity matters - training loading needs optimizations through individually defined thresholds and physiologically-tailored exercise sessions (ideally heart rate monitored);
- Evidence shows that (aquatic) exercise then has the potential to target and improve many components outlined in the ICF model

JENS BANSI

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- In motor-cognitive training, cognitive tasks are incorporated in motor tasks, using various elements of executive functions: visuospatial navigation, response inhibition and problem solving. Moving while thinking!
- A novel didactical model in EF training is to start with (an)aerobic training: make the client (a bit) tired and continue with exercises that need attentional brain networks
- Poor visuospatial navigation is prominent in cognitive decline. Dance, also in water, can be used as intervention. A dance variation can be Clinical Ai Chi or adapted aquatic QiGong: alone or in pairs.

JOHAN LAMBECK

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