

The use of cognitive-behavioral kinesiotherapy based on innovative agonology methods in reduction of unintentional fall-related injuries of children with developmental disabilities

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Statement of the Problem: Children with developmental disabilities (especially learning disabilities) are more prone to injure themselves during daily activity and play due to both cognitive and physical impairments. Many of their injuries occur due to improper landing after fall, as their body control and predictive abilities are worse than in a group of healthy children.

Methodology & Theoretical Orientation: Special cognitive-behavioral kinesiotherapy was designed based on methods of innovative agonology, which states for science about struggle. With the use of safe fall techniques and fun forms of martial arts, kinesiotherapy sessions with elements of sensory integration was adapted. Cognitive part states for recognition of falling consequences as well as understanding proper ways to control body during a fall. Behavioral aspect lies in special exercises or simulations, when therapist is creating circumstances when falls occur and help children to deal with them.

Findings: This form of therapy is supplementary or standalone design of kinesiotherapy sessions focused on children safety. Both cognitive and behavioral aspects can be adjusted to individual needs and mental capabilities of patient. Playful form and gaining experience about coping with dangerous situations is interesting and attractive way. During therapy which last from 1 to 3 years, 15 children with different developmental disabilities was attending to these kind of therapy session. During this period, none of them sustained any injury that required medical intervention.

Conclusion & Significance: Innovative agonology offers interdisciplinary approach, which allows to mix psychotherapy and kinesiotherapy to create attractive sessions, which could be adjusted to achieve many behavioral changes such as reduction in injury risk or reduction of aggressiveness.

Biography

Prof. Roman Maciej Kalina is creator of innovative agonology. During his over 45 years of practice both as scientist and martial arts expert, he developed techniques for falling safely as well as reducing aggressiveness by using among others fun forms of martial arts. Bartłomiej Barczyński is PhD student of prof. Kalina, who is coauthor of many studies regarding safe falls and martial arts bibliotherapy as they are both methods of innovative agonology. Dariusz Mosler is also PhD student of prof. Kalina. Physiotherapist who is treating children with different forms of disabilities. He tries to use innovative agonology approach to develop therapy techniques, that will connect physiotherapy with psychiatry. By unique approach to physiotherapy with the use of martial arts as fun forms of martial arts. This Polish team of scientist tries to emerge with new, interdisciplinary approach, when changes in behavior will happen as a result of continuous health-related training with components of mental self-improvement

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