

Oncorevalidatie

Vanuit praktisch standpunt

Fysische geneeskunde en revalidatie

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Inhoud

1. Instroom sporters
2. Testen en consultaties
3. Screening spartanova
4. Oefenschema's
5. Informatie momenten
6. Praktische opbouw



1. Instroom

- Oncologen intern en extern
- Huisartsen
- Oncologisch verpleegkundige (referentie verpleegkundigen)
 - Klinisch pad
 - Informatiebrochures



2. Testen en consultaties

1. Oncoloog
2. Specialist fysische geneeskunde en revalidatie
 - alg fysisch onderzoek
 - Contra – indicaties
 - Opstellen revalidatieplan
3. Cardioloog
 - Fietsproef
4. Kinesitherapeut
 - Spartanova screening



3. Spartanova screening

oncoreva 2017

Sports profile:



Tests to perform

Total duration: 25.5 minutes

Anthropometrics

-  Body Weight
-  Body Height

Strength

-  Hand Grip Force
-  Isometric Knee Quadriceps - PERF
-  Isometric Knee Hamstrings

Endurance

-  Sub-maximal Cycle Test

Other

-  Star Excursion Balance Test



4. Oefenprogramma

1. Individuele Link Spartanova

- uitleg
- filmpjes
- individuele aanpassingen mogelijk” / sporter

2. conditioneel

- submaximale fietsproef en test cardioloog
- bepalen trainingspols
- trainen met hartslagmeter
- trachten 45 min per sessie

3. Flexibiliteit

- indien er beperkingen zijn



Deep Heel Squat with SB

2

Description:

Risk Factor trained:

Lower Body

Protocol:

Starting Position:

Adopt a broad squatting position, taking back support on a SB that is placed in between yourself and a wall behind you. The ball is positioned just above pelvis level and in full contact with the lumbar and thoracic spine. Knees are flexed approximately 30°, hands are on the hips, spine is neutral. Toes are pointing slightly outward, maximally lift the toes of both feet and hold this toe raise throughout the entire exercise.

Action:

Squat down as deep as possible. Keep your body center of mass behind your supporting base while doing so, really pushing into the SB keeping the heels lifted from the ground. Downward squatting phase needs to be performed slowly, upward push up phase can take place more explosively. Squat down as deeply as possible maintaining sufficient postural control in the trunk and lower limb, push up into full extension afterwards with the same postural control. Rotate the pelvis into a sufficient anterior tilt when going into squat, to rotate it back posteriorly when going into hip extension in the upward phase.

Sets and Reps:

3 sets of 10 repetitions; Up to 3 sets of 16 repetitions

Progression/variation:

Separate feet further to squat deeper;
Amplify speed of performance;
Increase number of reps per set;
Hold dumbbells in both hands to intensify load.

Equipment:

Stability Ball
Wall
(Dumbbells)

Cues:

Take good care of a correct starting position and squatting movement. Spine needs to remain aligned throughout the entire exercise. Tighten your trunk muscles firmly to keep a good pelvis position. Maximally rotate your pelvis to to the front and back when going into deep squat and pushing into hip extension in the upward phase.



5. Informatie momenten

- Wekelijkse informatieve sessie (psychologe)
 - Uiteenlopende onderwerpen zoals bv:
 - Terug aan het werk
 - Neveneffecten van medicatie
 - Voeding
 - Bewegen
 - Stress
 - Sociaal contact
 - groepsgevoel



6. Praktische opbouw

1. Begin screening Spartanova
2. 2 keer per week 90 min gedurende 3 maanden trainen
 - Zorghotel drie eiken
3. 1 keer per week informatiesessie
 - Verschillende onderwerpen, sprekers
4. Elke dag thuis bewegen en oefenen via Spartanova
 - 30-45 min (wandelen, fietsen, zwemmen,...) met hartslagmeter
 - Educatieve functie
5. Eindscreening spartanova
6. Weekend zeeland of ander initiatief





Ze hebben al woeligere watertjes doorzwommen.

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