



# Muoversi (anche) quando siamo in casa

Massimo Lanza



UNIVERSITÀ  
di **VERONA**  
Dipartimento  
di **NEUROSCIENZE,  
BIOMEDICINA E MOVIMENTO**

Marzo, 2020

# L'attività fisica fa (può fare) bene!

## Sviluppo cognitivo

- Soluzione problemi
- Memoria
- Attenzione
- ...

## Relazioni sociali

- Socializzazione
- Empatia
- Rispetto delle regole
- ...

## Forma fisica e salute

- Migliora capacità fisiche
- Struttura ossea
- ...
- Previene moltissime patologie
- Aiuta a affrontare meglio moltissime patologie
- ...



### Experimental Aging Research

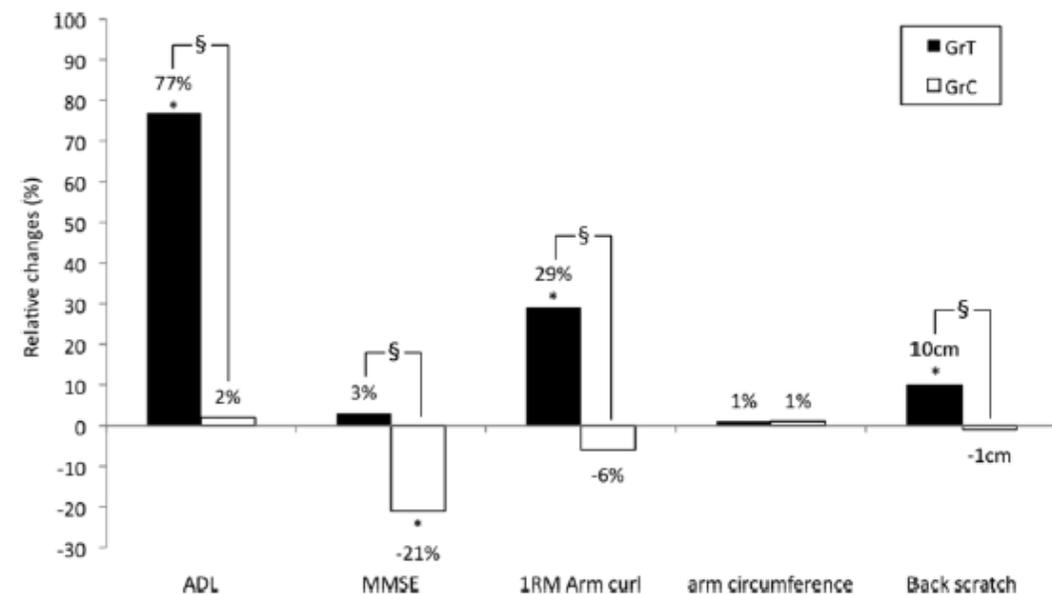
Publication details, including instructions for authors and subscription information:  
<http://www.informaworld.com/smpp/title-content=t713722867>

### Positive Effects of Physical Training in Activity of Daily Living-Dependent Older Adults

Massimo Venturelli <sup>a,b</sup>; Massimo Lanza <sup>a</sup>; Ettore Muti <sup>b</sup>; Federico Schena <sup>a</sup>

<sup>a</sup> Department of Neurological and Visual Sciences, Faculty of Exercise and Sport Science, University of Verona, Verona, Italy <sup>b</sup> Monsignor Arrigo Mazzali Foundation, Mantova, Italy

Online publication date: 05 March 2010



200

M. Venturelli et al.

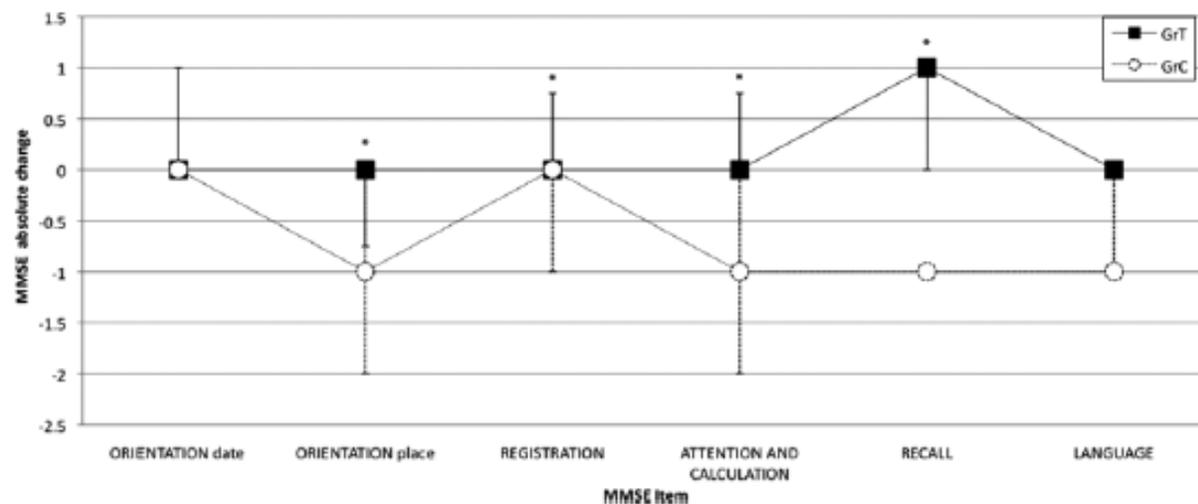


Figure 3. Changes in cognitive items. Data are presented as absolute changes (median, 25th to 75th percentiles) from pre- to posttraining values. \* $p < .05$ , determined by Wilcoxon rank-sum test.

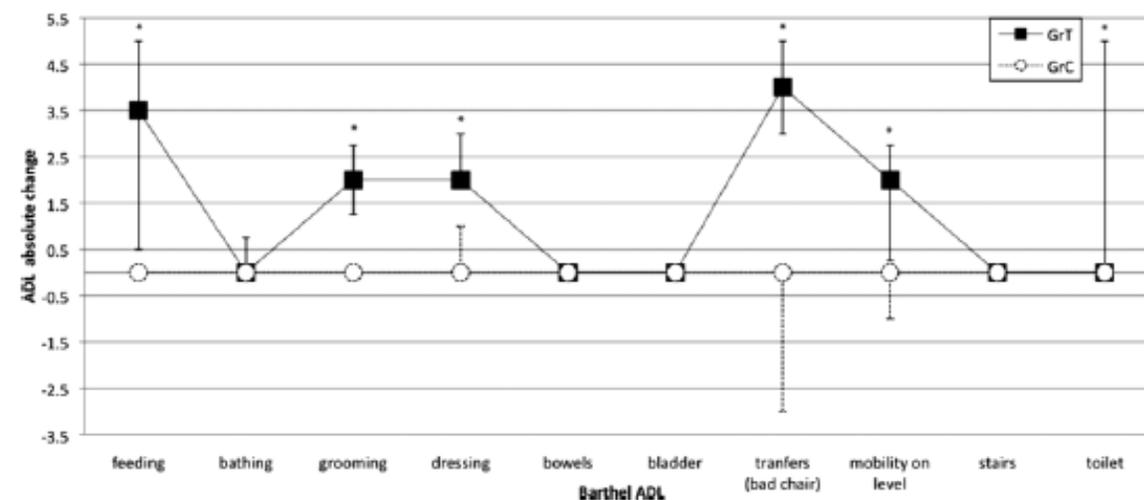
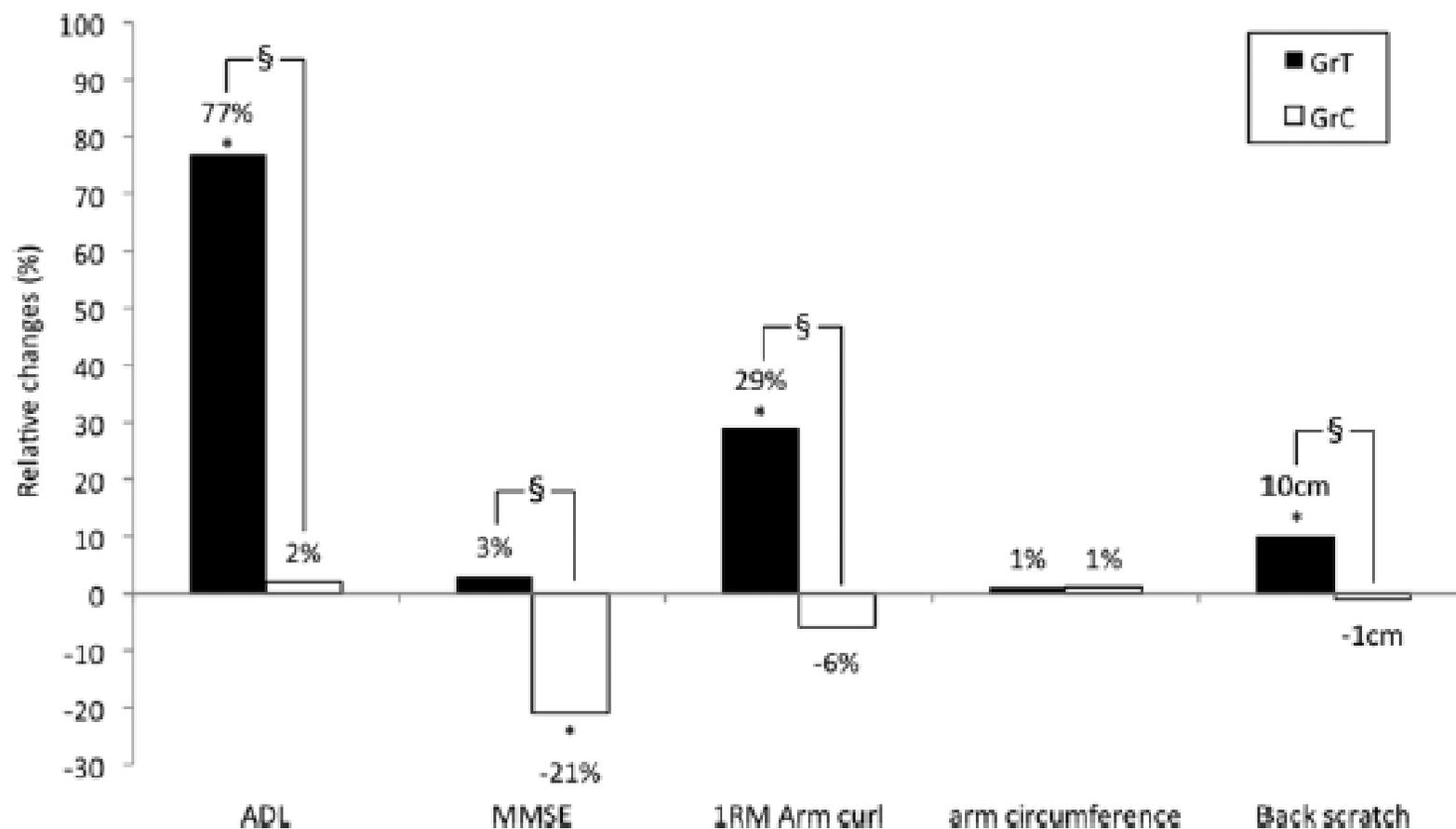
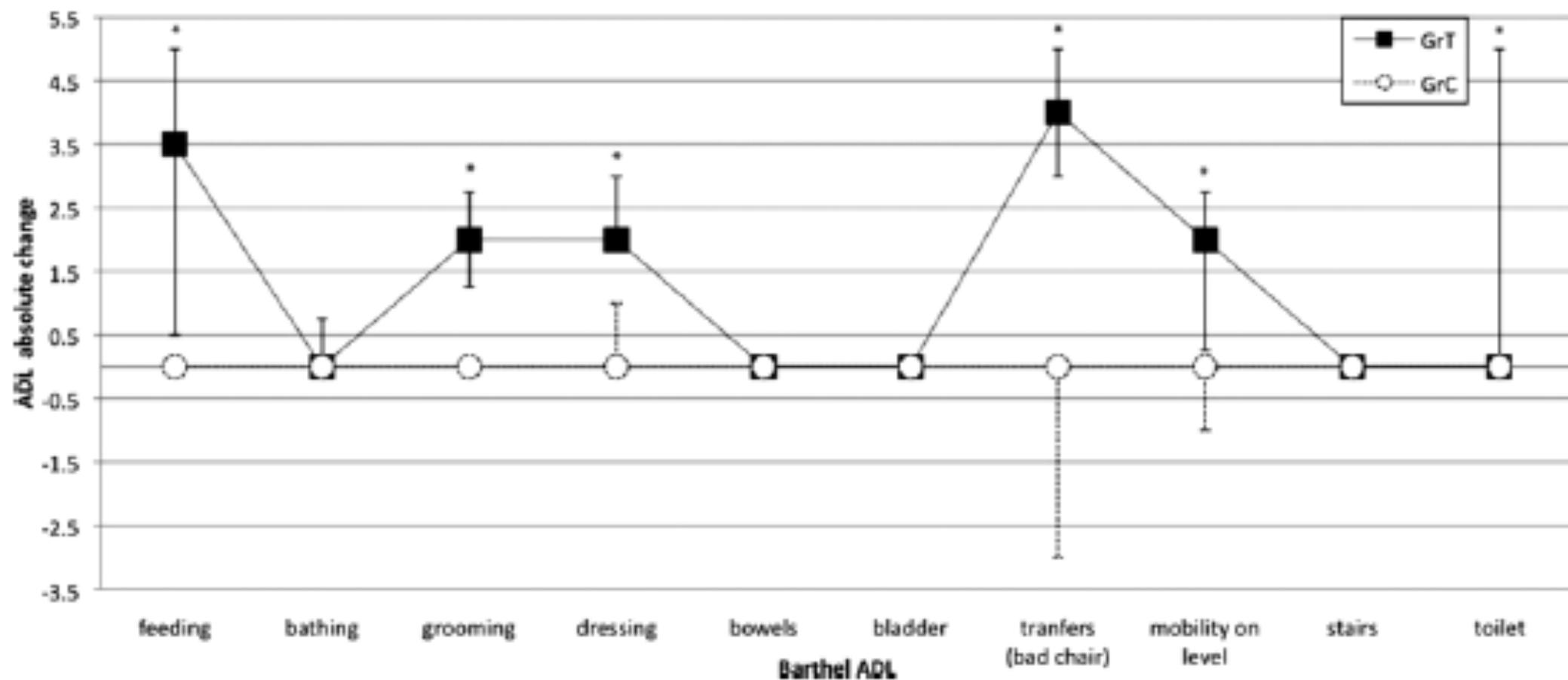


Figure 4. Changes in Barthel ADL items. Data are presented as absolute changes (median, 25th to 75th percentiles) from pre- to posttraining values. \* $p < .05$ , determined by Wilcoxon rank-sum test.



**Figure 2.** Relative (%) changes from pre- to posttraining values in Barthel ADL (activity of daily living) index, MMSE (Mini-Mental State Examination), 1RM arm curl (upper body strength), and arm circumference, and absolute changes (in cm) in back scratch (upper body flexibility). \* $p < .05$  within group; § $p < .05$  between groups. Independent samples  $t$  test was used to compare values between groups. Analysis of covariance (ANCOVA) was used to test training effects.



**Figure 4. Changes in Barthel ADL items. Data are presented as absolute changes (median, 25th to 75th percentiles) from pre- to posttraining values. \* $p < .05$ , determined by Wilcoxon rank-sum test.**

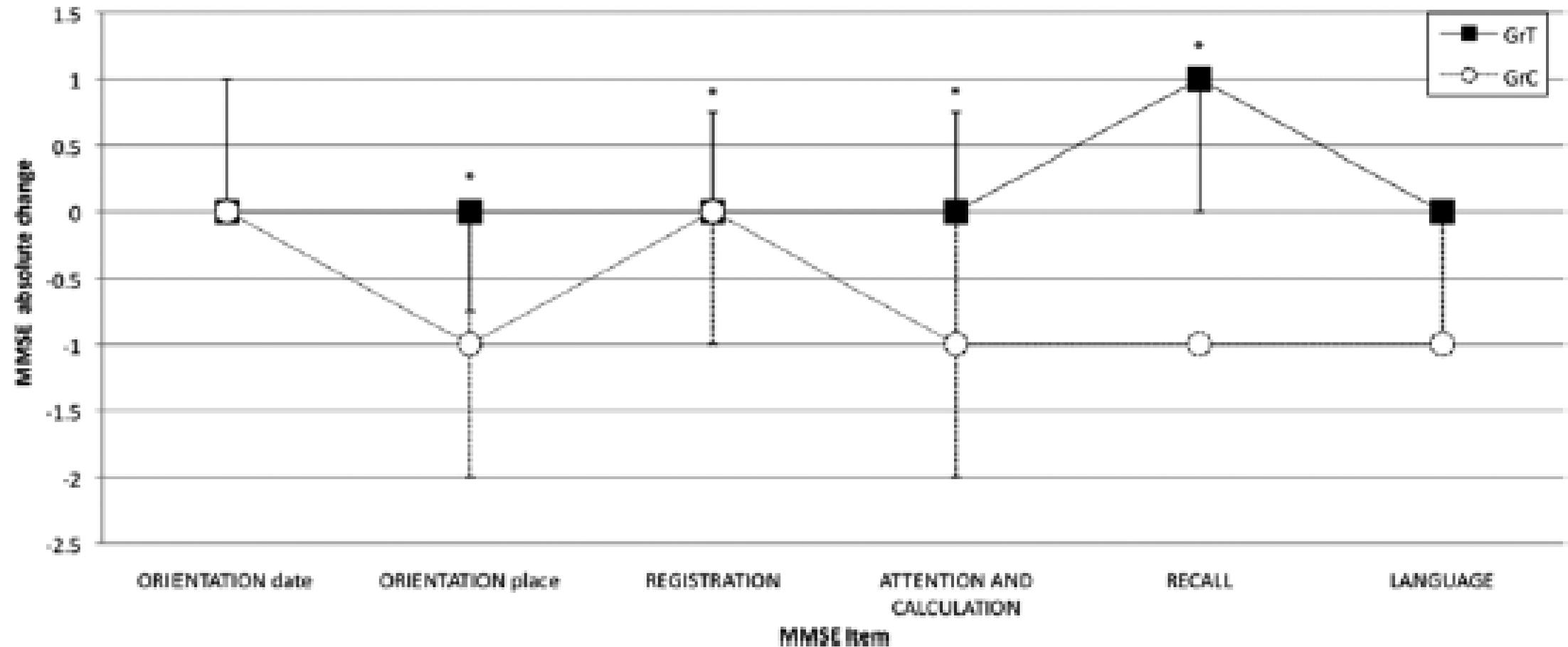


Figure 3. Changes in cognitive items. Data are presented as absolute changes (median, 25th to 75th percentiles) from pre- to posttraining values. \* $p < .05$ , determined by Wilcoxon rank-sum test.

# Attività motoria e prevenzione

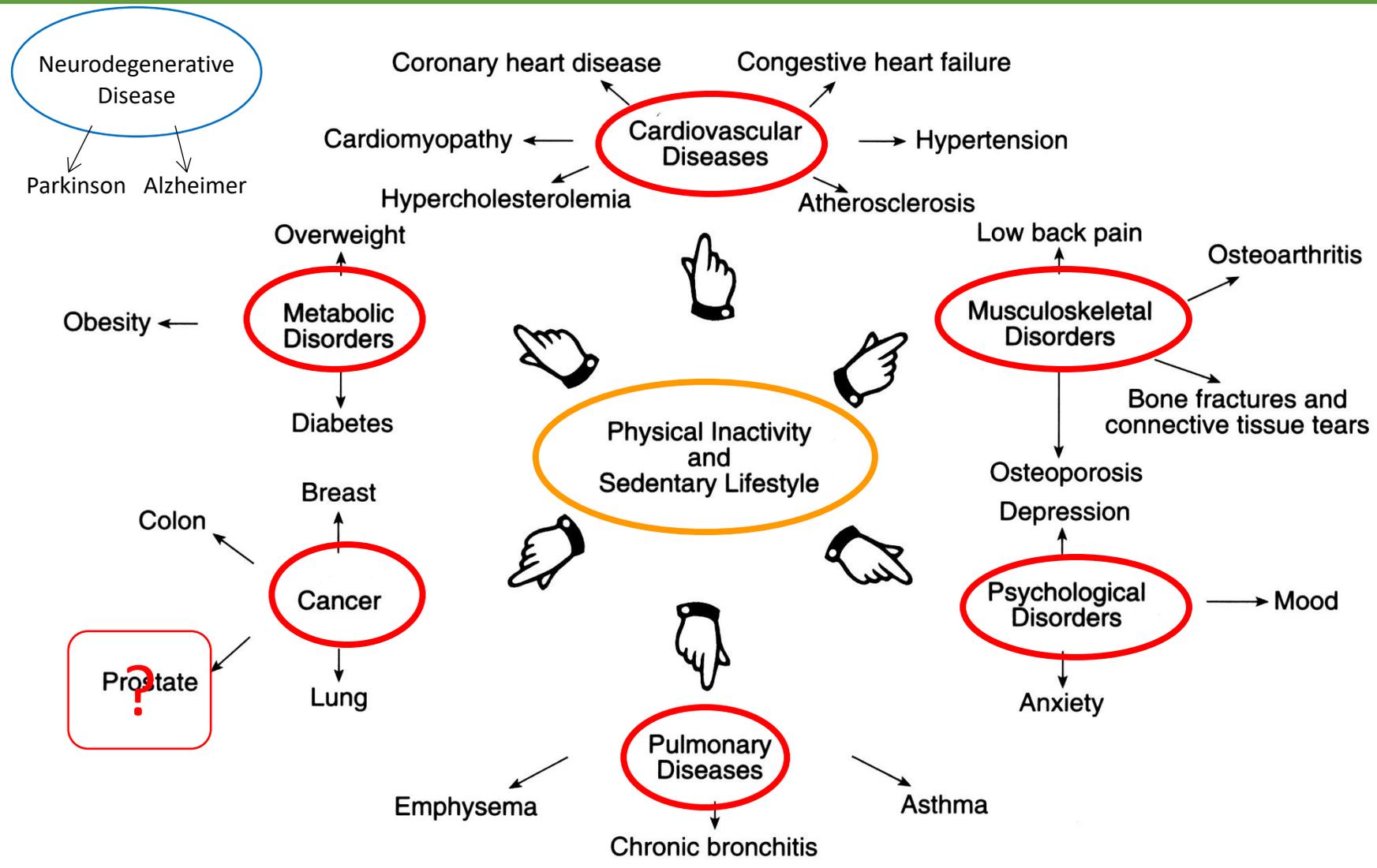
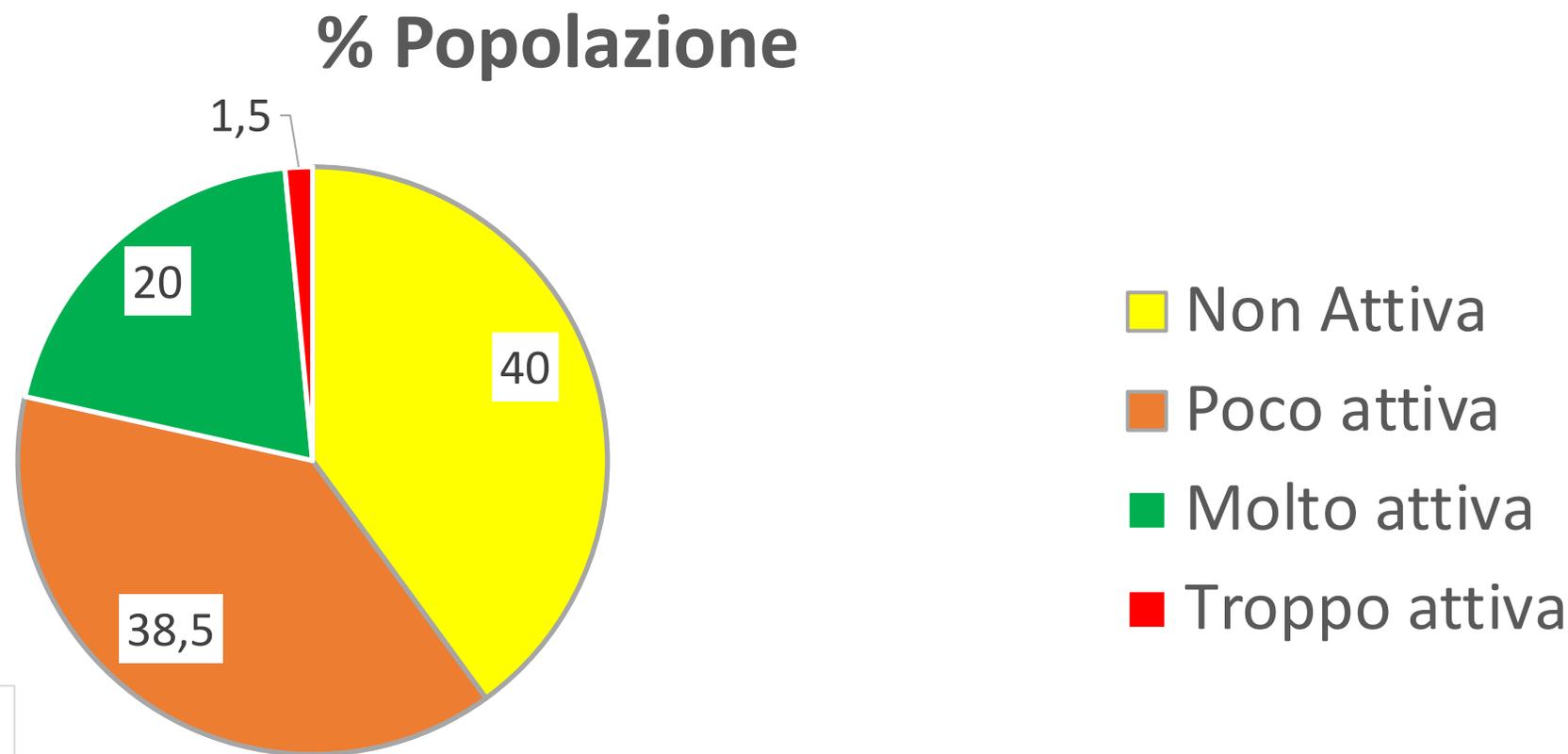


Figure 1.1 Role of physical activity and exercise in disease prevention and rehabilitation.

# Ma, in Italia, facciamo poca attività fisica !



Rielaborazione personale di dati statistici ISTAT, Buhlman, 2006 e Chen, 2016

## Condizioni minime per i benefici dell'attività fisica...

- «**Abbastanza**»
  - 150'/settimana; resistenza, forza, mobilità, coordinazione;
- «**Corretta**»
- «**per tutta la vita**» ... **anche quando siamo obbligati a stare in casa**
  - In ogni età ha effetti e caratteristiche proprie
  - Deve essere «piacevole»

# L'attività fisica è «abbastanza» quando...

Le si dedicano almeno 2,5 ore la settimana

La si pratica almeno tre volte la settimana

Fa fare un po' di fatica (intensità almeno moderata o vigorosa)

- «Sono in grado di parlare ma non più di cantare» (intensità moderata)
- «Preferisco dire le cose quando avrò finito» (intensità vigorosa)

È sufficientemente varia

- mobilità articolare, resistenza, forza ed equilibrio

# L'attività fisica non è corretta quando...

- ... non la si pratica!
- ... non si rispettano i tempi di sforzo e di recupero;
- ... serve a compensare problemi psicologici ...
  - Anoressia....Vigoressia

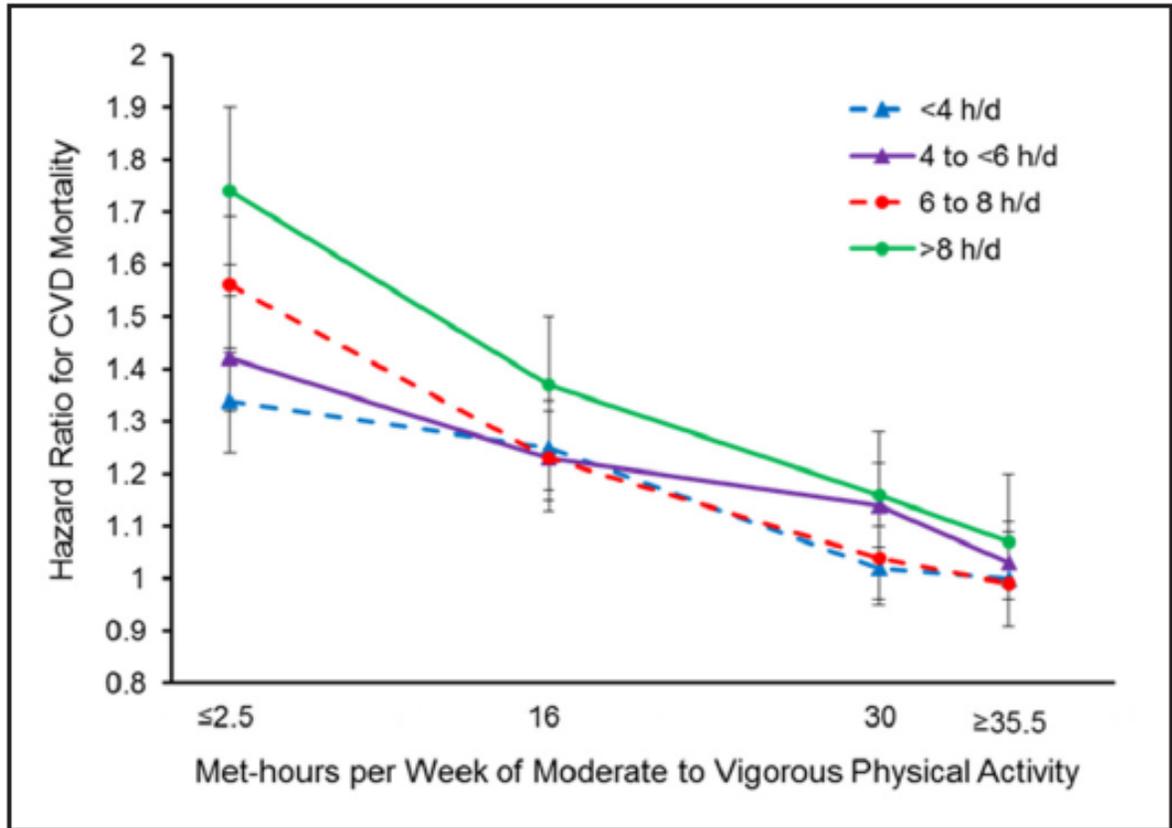
Quale attività  
fisica ...  
... agli arresti  
domiciliari ?



# Prima, però, interrompere la sedentarietà!

- Stare seduti a lungo aumenta il rischio di patologie →
- Pur non avendo dati certi sui «tempi dannosi»
  - (10 ore?)
- ... e su quanto debba durare la «pausa attiva».

**Sedentary Behavior, Exercise, and Cardiovascular Health**  
 Carl J. Lavie, Cemal Ozemek, Salvatore Carbone, Peter T. Katzmarzyk, Steven N. Blair

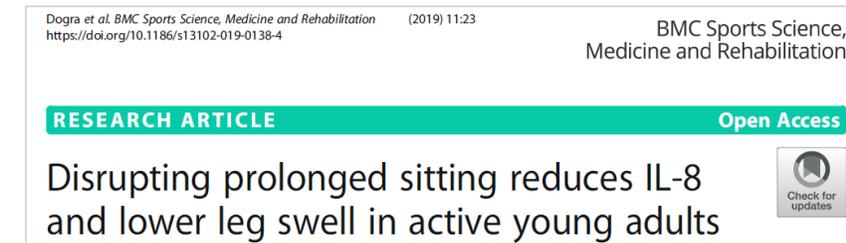
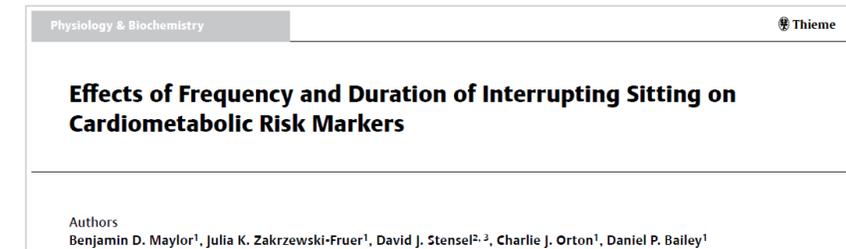


**Figure 1.** Hazard ratios for the joint association of sitting time and physical activity with cardiovascular disease (CVD) mortality. Data derived from appendix of Ekelund et al.<sup>26</sup>

JAMA Cardiology | Original Investigation  
**Continuous Dose-Response Association Between Sedentary Time and Risk for Cardiovascular Disease**  
 A Meta-analysis

# Come? Alcune ipotesi di vari ricercatori...

- Ipotesi 1:
  - Ogni 30 minuti seduti → 3 minuti di attività moderata;
- Ipotesi 2:
  - Ogni 60 minuti seduti → 3-5 minuti di attività moderata (Polar);
- Ipotesi 3:
  - Ogni 60 minuti seduti → 3 minuti di attività moderata-intensa;



# Attività motoria ed esercizio in casa

- La creatività è una risorsa fondamentale !!!
- Verificare i propri bisogni specifici
- Se possibile, farsi consigliare da un esperto.

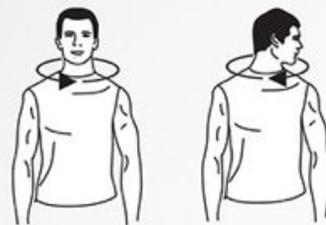
## • Allenare (in ogni caso):

- **Mobilità articolare di:**
  - collo, spalle, schiena, anche, caviglie
- **Resistenza cardio-respiratoria**
- **Forza**
  - arti inferiori, addominali e arti superiori
- **Equilibrio**
- **Coordinazione dei movimenti**

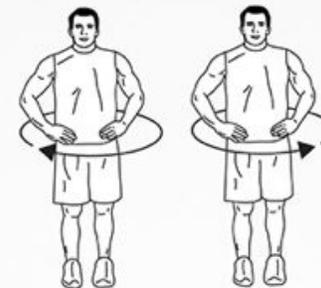
# Mobilità articolare

<https://www.pinterest.it/pin/864620828436061216/>

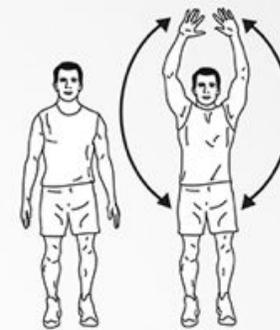
**10 reps each**



neck rotations



hip rotations



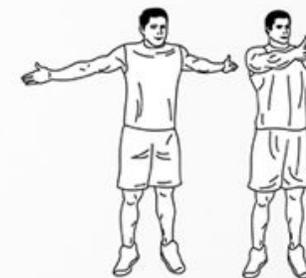
side arm raises



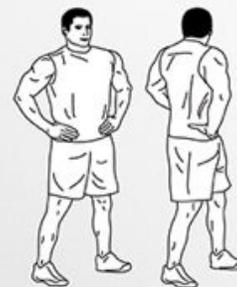
arm rotations



arm rotations



dynamic chest



mid back turns



single leg hip rotations



hops on the spot

# Stretching

# Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



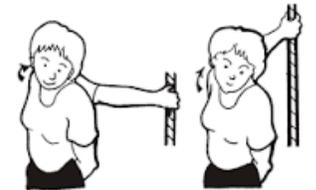
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



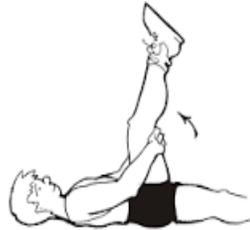
**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



**19. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep pelvis on floor)



**21. Quadriceps Stretch**



**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)

# Mobilità articolare .. in video

- Video Facebook di Martina Alberti
  - <https://www.facebook.com/martina.alberti.167/videos/pcb.10158005606258326/10158005597453326/?type=3&theater>
- Video YouTube di Ismael Campanario (in spagnolo)
  - <https://www.youtube.com/watch?v=LXc0Cs3QXH8&t=410s&fbclid=IwAR0hskEjDyN71WzcxtMbPUNEAHGG6i-xvifcpr3glpasVua-932XW5-4UdM>
  - <https://www.youtube.com/watch?v=-EsSlcFddCs>
- Video youTube Massimo Lanza
  - <https://www.youtube.com/watch?v=dRrY7eXerZE&t=179s>

# Resistenza cardio-respiratoria



Fonte:  
immagini cataloghi Techonogym



# Esercizi a corpo libero di resistenza cardio-respiratoria

## Cardio light

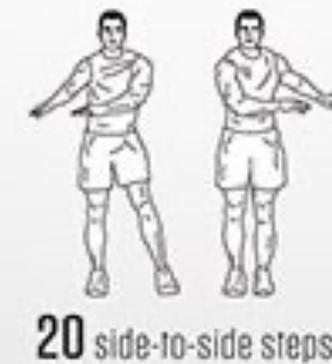
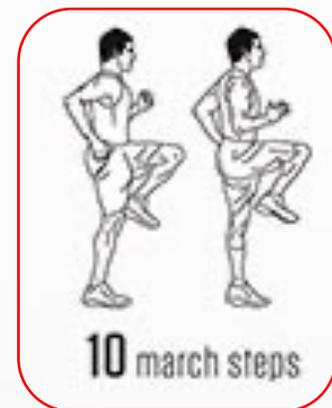
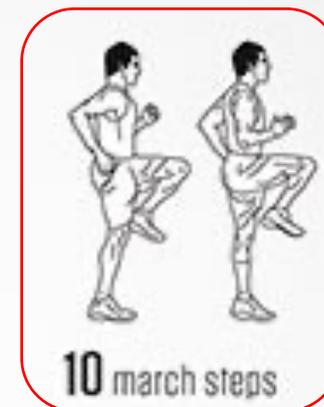
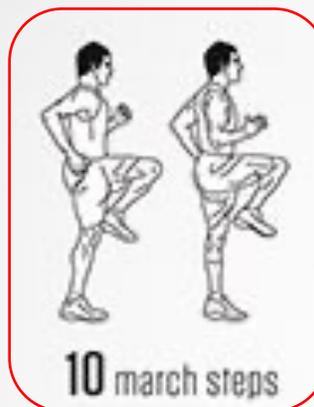
DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

[Darebee.com](http://Darebee.com)

<https://www.pinterest.it/pin/436075176405892654/>

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes





**10** butt kicks



**10** high knees



**10** butt kicks

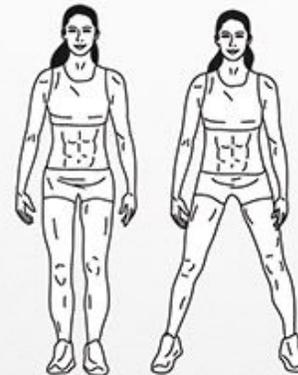
# CARDIO QUEEN

DAREBEE WORKOUT © [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**4** knee-to-elbows



**10** half jacks



**4** knee-to-elbows

# Resistenza cardio-respiratoria .. in video

- Video Facebook di Martina Comparotto
  - <https://www.youtube.com/watch?v=S18EXZFlkjg&t=153s>
- Video youTube Massimo Lanza
  - <https://www.youtube.com/watch?v=CMg8FXkje44>
  - [https://www.youtube.com/watch?v=l\\_oSi-TIYME&t=183s](https://www.youtube.com/watch?v=l_oSi-TIYME&t=183s)
  - <https://www.youtube.com/watch?v=l9836w7dMVc&t=5s>
- Ballare ? Perché no???
  - <https://www.youtube.com/watch?v=SslysaYtSoQ>
  - <https://www.youtube.com/watch?v=CMg8FXkje44>

# La forza

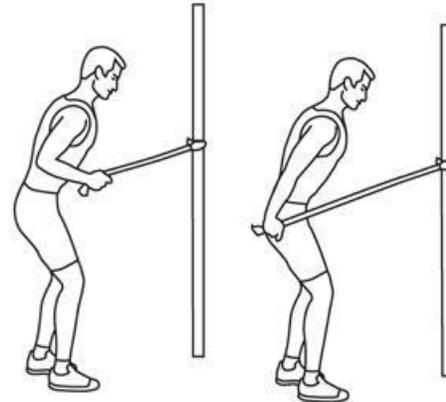
## Attrezzi casalinghi

- Elastici
- Manubri
- Bottiglie di acqua

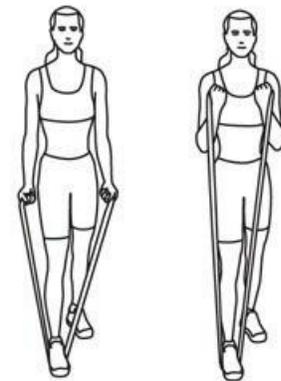
Fonte:



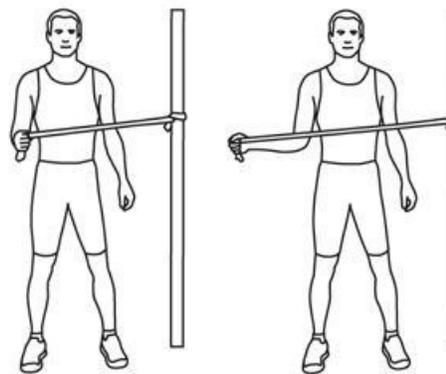
# Esercizi per arti superiori con elastici



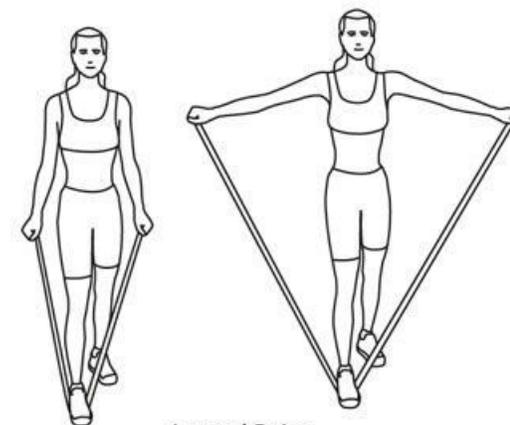
Tricep Kickback



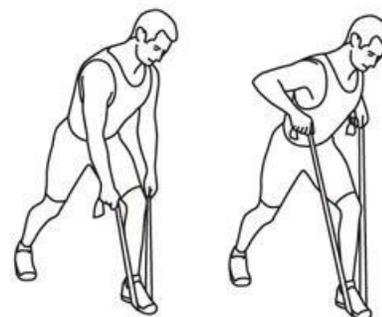
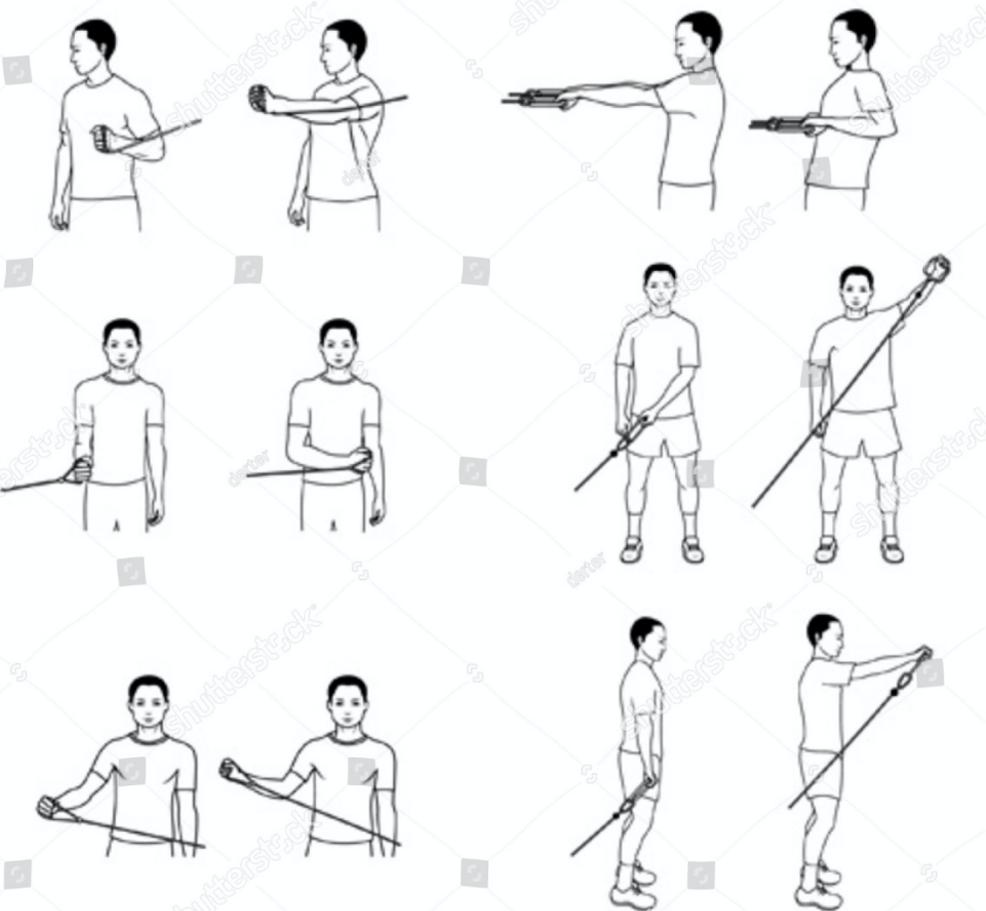
Bicep Curl



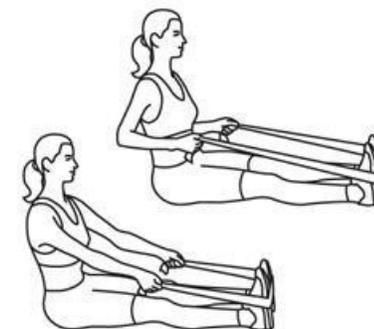
Shoulder Stabilization



Lateral Raise



Standing Row



Seated Row

# Esercizi per arti inferiori con elastici



# Forza ... in video

- Video YouTube Massimo Lanza
  - [https://www.youtube.com/watch?v=o\\_ieBGFEjfk](https://www.youtube.com/watch?v=o_ieBGFEjfk)
  - <https://www.youtube.com/watch?v=4rbWHkKq2gM>
  - <https://www.youtube.com/watch?v=YsthB2c5vTY>
- Altri ...
  - [https://www.youtube.com/watch?v=0is6CH\\_sWMk](https://www.youtube.com/watch?v=0is6CH_sWMk)

# Equilibrio



- Pedana propriocettiva !?
- Video vari
  - <https://www.youtube.com/watch?v=4tORUmETI94>
  - <https://www.youtube.com/watch?v=hSsM93CwUco>
  - <https://www.youtube.com/watch?v=wl3-K20ozw4>
  - <https://www.youtube.com/watch?v=BmARZLpbbXQ>
  - <https://www.youtube.com/watch?v=FINrHh9X3uc>

Il link alla mia playlist su YouTube:

<https://www.youtube.com/playlist?list=PLu3dHfDxoQtZjtMvDIplz33IUUV4GNWWFR>

# Grazie per l'attenzione !



## **Der Corona-Schock**

Achtung, Ansteckungsgefahr: Wie das Virus  
die Weltwirtschaft infiziert