



PHYSICAL ACTIVITIES UNSUITABLE FOR SENIORS

Chronic illness with health enfeeblement is a limiting factor for any motion activity. We cannot recommend performance-related sport activities for higher age. Too high motivation during competitive sport performance can overload and endanger an elderly person. Overloading heart and circulatory system can cause heart arrhythmia and at worst, sudden death. The organism can be damaged even by high load intensity, which does not meet its feasibilities. Muscle system often reacts to overloading by formation of micro-traumas (hardly discernable harms), by inflammation of muscle insertions, which restrict everyday life by emerging pains.

We rank among unsuitable activities the motion programmes without previous training and instructing on correct performance. That holds true even about walking programmes.

Unsuitable activities are also those with sudden changes of positions. These are e.g. frequent fast starts into various directions, jumps and jumping hard to the ground. These activities predominate in sports like tennis, squash and sport games. Without previous training and correct technique we cannot recommend these sports.

We rank among unsuitable demanding coordinating activities, acrobatic performances burdening nerve system, which can be source of stress and nerve fatigue.

Senior must also pay attention to the correct swimming technique. Swimming the breaststroke with a too big backward bend of head above water they overload the cervical spine and incite pains with a great risk of intervertebral disc prolapse.

We do not recommend motion activities with one-sided focus both in sport and in every-day life or working activities. These lead to overloading organism a developing muscle dysbalances.