

Exercise Therapy

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Differentiate Group and Mass exercises

Describe the advantage and disadvantages of group exercises

Differentiate group and mass exercises

Group Exercises	Mass Exercises
A supervised physiotherapy or exercise program where two or more individuals not more than 6-8 individuals perform prescribed exercises together to improve fitness, function, or rehabilitation outcomes.	An organized form of physical training in which large groups perform the same exercises simultaneously and synchronously under a leader or instructor to promote general physical fitness and coordination.
Individualised Attention is given to every patient	Instructions by formal word or command
Full assistance or Correction is done	Little or No assistance is given
6-8 individuals	Larger mass
There is a chance of modification in range, efforts and ROM	No chance of modification or individualisation possible
Movements can be corrected by physiotherapists for each-one based on needs	No change in the movement possible

Describe the Advantage and Disadvantages of Group Exercises

Advantages of Group Exercises

1. Patients learn to take responsibility for their own exercises and become more confident in doing exercises at home.
2. Patients learn to interact and work with others, helping them feel included and less isolated because of their disability.
3. Seeing the progress of other group members motivates patients and increases their confidence in the treatment.
4. Patients gain confidence in their own abilities by performing exercises alongside others.
5. Friendly competition encourages greater effort and makes exercise more engaging.
6. Group activities and exercise games help patients focus less on their disability, making exercise more enjoyable and promoting natural movement.
7. The success of group exercise should always be judged by how much it benefits the patient, rather than by the convenience or time saved for the therapist.
8. Although group exercise is economical of the therapist's time and thus of cost.

Disadvantages of Group Exercises

These disadvantages usually occur when the group treatment system is used incorrectly or not properly understood.

1. Poor selection of patients for the group.
2. Inadequate explanation of the treatment to patients.
3. Improper or inefficient grouping of patients according to their needs and abilities.
4. Overcrowding of groups.
5. Poor instruction or supervision by the physiotherapist.

These factors are the most common reasons why group treatment may fail to provide maximum benefit to patients.

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