



Exercise and re-creation programmes in children's asthma

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Programmes

- Music therapy for children's asthma treatment.
- Pool swimming as one of methods for children's asthma rehabilitation.



Music therapy for children's asthma treatment

- This project was carried out in Kedainiai district.
- Project involved children with bronchial asthma from 3 to 16 years old.
- Duration of project - one year.
- Purpose of the project – to teach children the right breathing with the help of blowing fife and flute.

The performance of the project (Group I)

Children up to seven years old

Lessons once a week.

During the lesson:

- 1) Exercises for relaxation
- 2) Exercises of breathing
- 3) Fife blowing
- 4) Singing

The performance of the project (Group II)

Children 7 years and older

They were learning at music school to blow wind instruments, but programme for them was more simple than for healthy children

Comments

- We have no objective data how much lung function of our asthmatic children changed during this project, because it was too short time.
- Nevertheless the first show of our asthmatic children at the International asthma congress in Vilnius was a success.



Comments

- We had very enthusiastic volunteer music teacher, during this project. Now we have a big problem not having such teachers.
- But still now we recommend our patients to go to music school and to learn blowing wind instruments.

Results

- **Blowing fife or flute helps for children's breathing and makes better their mood.**
- **State of mind is very important for children's health and for happiness of their family.**



Pool swimming as one of methods for children's asthma rehabilitation

- Swimming is one of the best forms of exercise for children with asthma as it is less likely to trigger asthma symptoms than other forms of exercise.
- Project involved children with asthma from 7 to 16 years.
- This project was carried out in Kaunas.

Benefits of the project

- Development of breathing and co-breathing muscles;
- Active approach;
- Lower frequency of asthma symptoms;
- Learning the right swimming techniques;
- Learning different breathing techniques;
- Higher capability to cope with physical and physical strain;
- Higher efficiency of immune system;
- Less school day offs;
- Faster recovery from the disease.

The course of the project

- Children was individually taught by instructor.
- An important part of the project was monitoring each child's lung function with a peak flow meter.
- All children must continue using their asthma medications as prescribed whilst participating in the swimming project.



Results

- Evidence shows that regular swimming can increase the volume of the lungs and help develop good breathing techniques. Swimming is also excellent for improving muscle tone and general fitness.
- Our swimming project has produced positive results.
- Children showed progress in their swimming ability, in their general health and well being and have learnt that they do not have to be disadvantaged in their activities due to asthma.

L = 10M



**Roland Shoeman – world record holder
and olympic swimmer, who was
diagnosed with asthma in childhood:**

“Don’t let asthma slow you down !”

