



SPECIAL OLYMPICS WORLD GAMES BERLIN 2023

#ZusammenUnschlagbar
#UnbeatableTogether



FUNFitness – physical therapy



Description:

FUNfitness is Healthy Athletes®' physical therapy program that addresses the ongoing health needs of Special Olympics (SO) athletes. FUNfitness offers athletes the opportunity to be evaluated for hamstring, calf, shoulder rotator and hip flexor flexibility, abdominal and lower extremity functional strength, balance and endurance. In these assessments physical therapists work with athletes and coaches to improve optimal function in sports training and competition, prevent or reduce the risk of injury and recommend exercises and other helpful strategies.

Chosen outcomes:

Special Olympics studies in Germany 2009 - 2020 (N=8.481)

45% received a referral for physical therapy.

Special Olympics National Games Berlin 2022 (N=445)

20% showed balance problems.

46 % showed problems in mobility / flexibility.

Volunteer at FUNfitness:

Medical background:

- Physical therapists
- Occupational therapists
- Students and trainees of the above mentioned professions

Task description:

- Questioning about current health problems and training habits
- Measurement of joint mobility and muscle extensibility
- Examination of functional strength in different muscle groups
- Testing of the vestibular system in lateral comparison
- Checking the cardiopulmonary performance by means of an endurance test
- Education on possible improvements including trying out individual exercises