

PHYSICIAN-AESTHETIC APPROACH OF KINESITHERAPY IN OVERWEIGHT AND BODY  
IMPERFECTIONS. NEW SYNERGIES AND FIRST RESULTS

Dr Francesco Speziale m.d.

INTRODUCTION AND PURPOSE OF THE STUDY The rising prevalence of overweight and obesity in Italy, but on the basis of genetic predisposition, it is definitely related to the lifestyle of our society, changed negatively by large food supplies and a drastic reduction in the level of physical activity. The target of prevention and treatment of these diseases remains focused on changing lifestyle, which has a mainly preventive and therapeutic role. Excess weight affects about 30% of the population with different localization of fat in both sexes: in the subcutaneous flanks and thighs in women - obesity gynoid - and splanchnic and subcutaneous abdominal in males - android obesity. It is associated with excess weight a number of cardiovascular risk factors, identified as insulin resistance syndrome or metabolic syndrome. The metabolic syndrome includes the complications most frequently associated to obesity (metabolic abnormalities and hypertension), but with the progression of overweight obesity is complicated with infertility, respiratory problems and bone or joint, anesthetic risk and cancer.

In order of prevention and therapy but also on medical-rehabilitation-aesthetic, this paper want to show the first results obtained in overweight individuals with the synergy of non-invasive treatments of massage mechanized, combined with food and to support corrective exercises core training and strength training and coordination (performed in a series of special treatment on a shaking platform), which aim to reduce the volume and improvement of metabolic functions.

MATERIALS AND METHODS Were investigated 10 female patients, aged between 30 and 55 years, suffering from cellulitis syndrome and overweight, with photographic assessment, and clinical parameters with skinfold and perimeters, BES BUT psychometric tests with IMC assessment of BMI. We made use of an appliance equipped with motorized handpieces and handled by the operator who makes a mechanized massage dedicated in particular to a mechano-stimulation of skin and fat tissue and fat hypodermic district, with twice-weekly sessions of 35min. To this were accompanied by a physical training with an instrument equipped with a shaker driven with dynamometers and force sensors on which subjects, after 35 minutes of massage, performed active exercises of "core training" for strength training and coordination chains mainly involved in balance of muscle strength and muscle spiral chains, which contribute to the relaxation of the hips. With this device you can improve proprioceptive coordination skills, while increasing the recruitment of muscle groups and fat consumption. The results of the workout sessions were recorded and verified by the software of the instrument, considering the increase of various parameters. Wanting to speed up the results in some subjects and their satisfaction with the new weight control have been associated, including the resulting psychometric tests carried out, eating patterns and custom units and balanced food enriched in proteins of high biological value.

RESULTS By examining photographs are significant differences in the degree of cellulite before and after treatments, reduced severity of blemishes (starting with the improved skin tone and texture), together with an increase in the values of strength and muscle coordination, all advantage of the muscle tone and tropism as well as the aesthetic result. All subjects showed great satisfaction with the significant loss in cm of treated areas for weight loss and remodeling of the silhouette and muscular profile, as well as the circumferences of various body sites than before the treatment. Psychometric tests have given positive response, demonstrating the maturity of the acquiree and improved knowledge of customers in the food.

CONCLUSIONS From thirty years of experience in the field of sports medicine physiatrist and "massage therapist on the field" is derived the practical application in my medical-spa treatments and technologies, in use exclusively non-invasive. This clinical study is in part of preliminary concluding remarks, because it involves the use of a device recently placed on the market for physical therapy and aesthetics, on which it is desirable to focus the attention of Aesthetic Medicine in a dimension that is the future less invasive and more proactive in its measures of "physiological treatments-aesthetic." I have integrated various methods that highlight the value of this non-invasive and aesthetic rehabilitation protocol. The combination of massage and exercises mechanized assets have driven on oscillating platform, with important action on silhouette, tone-on muscle trophism of postural muscles and skin laxity. Consequently decrease the diameter of body circumferences and reduces the severity of cellulite and fat District, then acting positively on the whole.

All this reinforces and confirms my professional choice to continue on the road, traveled with my clients / patients, of treatments or therapies conceptually and practically non-invasive.