

## Koristi terapevtskega potapljanja v moderni hidroterapiji

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**Uvod:** Potapljanje je lahko del rehabilitacije in rekreacije za ljudi s posebnimi potrebami. Primerno je tako za posameznike po poškodbi hrbtenjače kot tudi za ljudi z duševnimi in fizičnimi omejitvami, kot so cerebralna paraliza, živčno-mišična obolenja, multipla skleroza, astma, amputacije, diabetes, slepota in gluhost. V določenih segmentih je potapljanje primerno tudi za starejšo zdravo populacijo, ki želi obnoviti, ohraniti ali izboljšati kakovost svojega življenja. **Metode:** Od leta 2002 je <sup>1</sup>Mednarodna zveza društev IAHD Adriatic razvila veliko programov, v katere so bile vključene omenjene skupine, ki so jih skrbno spremljali zdravstveni in potapljaški strokovnjaki z vsega sveta. Programi se izvajajo v bazenih kot del moderne hidroterapije in v odprtih vodah kot osnovno in napredno usposabljanje za potapljače. **Rezultati:** V zadnjih desetih letih smo opazili, da so bili vplivi potapljanja majhni, vendar zelo koristni. Hidroterapija je zaradi redne telesne dejavnosti, izboljšane socialne interakcije in psiholoških prednosti precej pripomogla k izboljšanemu zdravstvenemu stanju in k večji kakovosti življenja invalidnih potapljačev. **Zaključki:** Čeprav invalidi, ki so bili do zdaj vključeni v naše programe, niso imeli omembe vrednih zdravstvenih zapletov, smo prepričani, da je še naprej treba nameniti veliko pozornost kakršnim koli spremembam. Sistematično zbiranje, dokumentiranje in obdelava pridobljenih podatkov povečujejo naše znanje in prispevajo k temu, da je potapljanje postalo dostopnejše in varnejše za vse več ljudi s posebnimi potrebami.

**Ključne besede:** hidroterapija, terapevtsko potapljanje, poškodba hrbtenjače, invalidnost, duševne motnje.

## The benefits of therapeutic scuba diving in modern hydrotherapy

**Background:** Scuba diving can be a part of rehabilitation and recreation for groups of people with disabilities. It is suitable for individuals after spinal cord injury and also for others with mental and physical restrictions like cerebral palsy, nerve and muscular disorders, sclerosis multiplex, asthma, amputations, diabetes, blindness and deafness. To a certain extent it can be used for the healthy older population who needs to recover, preserve or improve their quality of life. **Methods:** Since 2002<sup>1</sup> International association for handicapped divers Adriatic has developed a wide range of programs in which all the mentioned groups have been included and carefully monitored by medical and diving specialists worldwide. Programs are performed in swimming pools as a part of modern hydrotherapy and in open water as basic and advanced diving training. **Results:** For the last ten years we have noticed that immediate effects of diving are minor and mainly beneficial. However, improved health and quality of life of disabled divers could be the result of hydrotherapy, regular physical activity, improved social interactions, psychological benefits of achievements and fulfilled life. **Conclusions:** In spite of the fact that up until now disabled participants have not had any noteworthy medical complications, we believe that vigilance must be maintained. Systematic data collection, their analysis and documentation of experiences increase our knowledge and contribute to dive safety for people with disabilities.

**Keywords:** hydrotherapy, therapeutic diving, spinal cord injury, physical disabilities, mental disabilities.

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