Overcome Disability by Motivative Exercise: a Paradigm Shift in Rehabilitation - To Establish New Civilization, in which does not make increasing the Elderly a Negative Factor

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Purpose.

The motivative exercise is the foundation of autonomous kinetic rehabilitation named Takizawa Rehab Method, based on United States Patent "US.PAT. 7153250 Method for managing exercise for functional recovery and muscle strengthening, 26 DEC. 2006." And it is used as the Rehab Intervention technique for functional disorders resulting from cerebrovascular episodes, with significant effects for regaining walking and overcoming functional disabilities.

The scientific goals consist of introducing and implementing a new rehabilitative paradigm, called the Takizawa method and motivative exercise, consisting of self-exercise, with the help of patented technical innovations, involving a healthy patient to move and exercise the disabled limb. Another goal would be to perform the method's fundamental standardization to disseminate the new technique in a verifiable and controlled manner across various countries. Finally, the seminar will be an international platform for rehabilitation and physiotherapy professionals to design randomized control trials (RCT) to assess the true value of a new physiotherapeutic paradigm in rehabilitation medicine.

The paradigm shift of rehabilitation medicine: Overcome the disabilities by the motivative exercise

I will present the following; 1. Introduction, 2. How did Takizawa discover the method? Takizawa's view of this research, 3. How did he get participants in each study? 4. How he organized this study member, 5. commencement, 6. enforcement, 7. Device Development, 8. Device reliability evaluation, 9. Measuring the effects of exercise through the use of equipment, 10. supplementary examination, 11. Confirmation study, 12. Evaluation of the Effectiveness of Operation, 13. Introduction how to implement, 14. Brain research as a mechanism elucidation research, Understanding the Mechanism of High Effectiveness, 15. Takizawa's prediction.

The research by our institute has not been accepted until now.

Our study has been able to show enabling to regain physical functions, mainly walking to people. In Japan's long-term care insurance regulation, the income of a bedridden person (care needs 5) is 90,000 yen higher than the payment of a person who can walk (care needs 3). Because of this economic benefit, many people want to take care of a bedridden patient.
Therefore, our study has not been accepted in Japanese society. On the Polish side, the reaction to this description was that it was gibberish.

**Process of this seminar adoption**

Although the Japanese team's research result until today, which was little esteemed in Japan, has been highly regarded worldwide. We have been asked for lectures at the workshop by the organizers named "Super aged community: Role for community-based and primary rehabilitation care" at the ISPRM 2019 (13th International Society of Physical and Rehabilitation Medicine World Congress) held in Kobe in June 2019 and did it. Moreover, the first research report other than Japan from Romania shows significant improvements in the expansion of a range of motion of the ankle region.

**Social Issues**

The number of elderly in Japan increased by 132% from 20.2% of the total population in 2005 (25.6 million) to 26.7% in 2015 (33.9 million). And the number of them in need of care increased 149% from 4.1 million in 2005 to 6.1 million in 2015. There are fears that the increase in the number of elderly and disabled people due to the aging of the population will increase social security expenditure and make it impossible to sustain our society.

In order to solve the problem, we will establish a sustainable super-aged society by restructuring rehabilitation medicine.

**Revolution of Hope: To Establish New Civilization, which does not make increasing the Elderly a Negative Factor**

We are organizing this seminar from the creative perspective of resolving this contradiction. This seminar will contribute to the dissemination and internationalization of our research on overcoming disabilities. And it will do as well as to the development of young researchers. In order to solve the problem, we will hold this seminar and promote standardization of terms, methods, and quantity of movement as well as internationalization of the motivative exercise as an intervention method in the future. We expect that people in Japan and Poland will be able to dispel concerns about the sustainability of social security about which it is apprehensive now from this. At the same time, it becomes excellent good news for humankind who has acquired longevity.