

Acute response of Blood pressure in Hypertensive amputated individuals submitted to water aerobic exercises: a crossover study

Joyce Xavier Muzzi de Gouvêa, Maria Eduarda Lins Mendes de Carvalho, Mariana Armando Lourenço, Valmir Marcos Baccaro, Daniela Ramos de Campos Magalhães and Douglas Martins Braga

Department of Aquatic Physical Therapy, Associação de Assistência à Criança Deficiente (AACD), São Paulo/Brazil

Amputations of lower limb, especially the most proximal, lead to cardiovascular complications and, because of this, amputees present a functional decline, and rehabilitation is fundamental in this process. Aquatic physiotherapy works in the pre-prosthetic phase, favoring the gain of functionality. The response of blood pressure (BP) to immersion is still undefined, and there is no study that has evaluated its effects on amputees. The objective of this study was to verify the effects of a session of aquatic aerobic exercises in BP of individuals with amputated hypertension; to evaluate whether there is a correlation between BP difference in exercise and amputation time, smoking cessation time, number of comorbidities, and number of antihypertensive medications. Individuals underwent an initial assessment and were randomized into an experimental group (45 minutes of aquatic aerobic exercise) and control (resting in immersion), alternating the group after one week. Blood pressure was measured at rest, shortly after leaving the pool and after 10, 20 and 30 minutes. Ten patients were included, mean age 58.9 years. There was no statistically significant difference for BP variation between groups. The longer the amputation time, the lower the BP variation during the exercise.

Biography

Joyce Xavier Muzzi de Gouvêa graduated in physiotherapy in 2005, in Brazil. She is Master in Neuroscience and Behavior, specialist in Physiotherapy applied to Neurology and Acupuncture. She is currently a physiotherapist at the "Associação de Assistência à Criança Deficiente" (Association for Assistance to the Disabled Child) - AACD in the aquatic physiotherapy sector.

joycemuzzi@yahoo.com.br