Kontrollierte Studien zur Bewegungstherapie im Wasser

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Einleitung

In Heft 2 der ÖPMR des Jahres 2008 gab es einen Themenschwerpunkt "Bewegungstherapie im Wasser". Seitdem sind neue Arbeiten zu dieser therapeutischen Intervention erschienen und es wurde der Wunsch geäüßert, eine Gesamtliste kontrollierter Studien zur "Bewegungstherapie im Wasser zu erstellen. Dieser Aufforderung wird nachfolgend entsprochen

Methode

Eine Literatursuche mit den Suchbegriffen „water exercise" oder „aquatic exercise" in Kombination mit „controlled trial" wurde in den Datenbanken Embase + Medline, Sport Discus und Cinahl Plus sowie in Google Scholar durchgeführt.

Ergebnisse

In Embase + Medline wurden 90 Publikationen, in Sport Discus 75 und in Cinahl Plus 53 Veröffentlichungen gefunden. Nach Ausschluss von Doubletten verblieben insgesamt 154 Publikationen. Die Suche in Google Scholar endeckte weitere 64 Veröffentlichungen, sodass die Liste insgesmt 218 Publikationen umfasst.

Nach Durchsicht der Abstracts wurden die Arbeiten nach folgenden Themen geordnet, wobei eine mehrfache Zuordnung einzelner Arbeiten nicht gestattet war

- Reviews [1-15]
- neurologische Erkrankungen [16-25]
- neurologische Erkrankungen bei Kindern [26-29]
- Fibromyalgie [30-49]
- Arthrose [50-66]
- Arthritis oder Arthrose [67-70]
- endoprothetischer Gelenkersatz [71-73]
- juvenile Arthritis [74, 75]
- rheumatoide Arthritis [76-84]
- Kreuzbandplastik [85, 86]
- Schultergelenk [87-89]
- Knochen [90-94]
- Mb. Bechterew [95-97]
- Rückenschmerzen [98-101]
- Geriatrie [102- 116]
- Pädiatrie [117-119]
- kardiovaskuläre Physiologie & Kardiologie [120-159]
- Adipositas [160-164]
- allgemeine Fitness [165-171]
- psychische Effekte [172-178]
- Venenerkrankungen [179]
- Muskelkraft [180-185]
- Entmüdung [186-187]
- Posturographie & Gleichgewicht [188-192]
- Nierenerkrankung [193]
- Lungenfunktion [194-196]
- COPD [197-210]
- Schwangerschaft [211-213] und
- Kosten-Nutzen-Verhältnis [214-218]

Diskussion

In letzter Zeit erfährt die Bewegungstherapie im Wasser vermehrte publizistische Aufmerksamkeit. Erfreulich ist dabei, dass lange bestehende Indikationen zu dieser Therapie nun auch langsam wissenschaftlich gestützt werden können. Die Zahl systematischer Reviews zur Wassergymnastik (1-15) nimmt ebenso zu wie Arbeiten zum Kosten-Nutzen-Verhältnis (214-218) dieser Therapieform. Auch die physiologischen Auswirkung von Bewegung im Wasser auf das kardiovaskuläre System bei gesunden Personen verschiedener Altersgruppen, und bei Patienten mit Erkrankungen der Gelenke, des Zentralnervensystems werden vermehrt untersucht [120-159]. Neue Indikationen für das Training im Wasser bei Herz-, Lungen- und Stoffwechselerkrankungen wurden beschrieben.

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