

## **Fizioterapija in prehrana, nov izziv za stroko**

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Fizioterapevtski postopki se neposredno vpletajo v presnovne procese v organizmu, zato je za njihov optimalni učinek pomemben ustrezen vnos energetskih in drugih presnovnih substratov. Prehransko podporo med fizioterapijo je treba prilagoditi presnovnemu stanju posameznika, vrsti in namenu fizioterapije ter presnovnim dogajanjem ob posameznih fizioterapevtskih postopkih.

Kadar izvajamo fizioterapijo pri bolniku, je treba poznati tudi osnovne značilnosti njegovega bolezenskega stanja, ki lahko neposredno vplivajo na presnovna dogajanja.

Pri načrtovanju prehranske strategije upoštevamo prehranska priporočila za specifično populacijo. Še posebej smo pozorni pri populacijskih skupinah, ki so prehransko bolj ogrožene:

- otroci,
- nosečnice,
- starostniki,
- bolniki,
- športniki (tudi rekreativni),
- posamezniki s posebnimi načini prehranjevanja.

Začetna stopnja prehranske obravnave je prehransko presejanje, ki ga izvajamo z ustreznim orodjem. Pri bolnikih lahko uporabljamo vprašalnik NRS 2002, za starostnike MNA (mini prehranska obravnava) in v splošni populaciji MUST (univerzalno orodje za odkrivanje prehranske ogroženosti v splošni populaciji). Še posebej je odkrivanje prehranske ogroženosti pomembno za bolnike in starostnike, pri katerih je ustrezna prehranska podpora bistvena za uspeh številnih fizioterapevtskih postopkov. Pri prehransko ogroženih posameznikih je treba pripraviti tako prehransko strategijo, da je uspeh fizioterapije optimalen.

Podlaga za izdelavo ustrezne prehranske strategije so presnovno stanje posameznika oziroma bolnika in presnovne zahteve, ki so povezane s fizioterapevtskim procesom. Kadar je namen fizioterapije okrepiti mišično funkcijo pri starostniku, je na primer treba razumeti in poznati osnovna prehranska priporočila za izvajanje vadbe moči ter strokovno utemeljene možnosti uporabe prehranskih dodatkov, kot so aminokisljine, omega-3 maščobne kisline in vitamin D.

Prehranska podpora in fizioterapija sta pomembni terapevtski orodji za izboljšanje funkcionalnega stanja in zdravja, zato je v luči novih spoznanj na področju presnove pomembno, da združimo znanje z obeh področij: prehrane in fizioterapije.

**Ključne besede:** fizioterapija, prehranska obravnava, prehranska strategija.

## Physiotherapy and diet, a new challenge for the profession

Physiotherapeutic methods are in tight connection with metabolic processes in the body, therefore their optimal effect demands adequate intake of energy and other metabolic substrates. Nutritional support during physiotherapy must be adapted to the metabolic status of the individual, the nature and purpose of physiotherapy and metabolic processes in individual physiotherapy procedures.

When physiotherapy is performed in patients, the physiotherapist must be familiar with the basic features of his medical condition, which may have a direct effect on metabolic processes. For nutritional strategies during physiotherapy, the dietary recommendations for specific population with high nutrition risk must be considered:

- children,
- pregnant women,
- the elderly,
- patients,
- sportsmen (including recreational),
- individuals with special diets.

The initial level of nutritional treatment is a nutritional screening, which is carried out with a suitable tool. For assessing the nutritional risk in patients we can use the questionnaire NRS 2002, for elderly MNA (mini nutritional assessment) and in the general population MUST (a malnutrition universal tool). It is particularly important to detect nutritional risk in patients and the elderly, where appropriate nutritional support is crucial to the success of many physiotherapy procedures. Individuals with nutritional risk need specific nutritional strategy to optimize the outcome of physiotherapy.

The basis for an adequate nutritional strategy is the metabolic state of an individual or patient and metabolic requirements associated with the physiotherapy process. For example, when the purpose of the physiotherapy is to improve muscle function in the elderly, it is necessary to understand and know the basic dietary recommendations for power and strength sports. It is also necessary to know what are the possibilities for the use of nutritional supplements such as amino acids, omega-3 fatty acids, and vitamin D.

Nutritional support and physiotherapy are important therapeutic tools to improve functional status and health. Therefore, in light of the new lessons learned in the field of metabolism, it is important to combine knowledge of the two areas: nutrition and physiotherapy.

**Key words:** physiotherapy, nutritional assessment, nutritional strategy.

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