

1_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

The data demonstrate that exercise has statistically and clinically significant effects on pain reduction and improving function, but not on range of motion or strength.... Information regarding specific components of the exercise programs was synthesized into a gold standard rehabilitation protocol for future studies on the nonoperative treatment of rotator cuff impingement.

In "WORD" come si "*giustifica*" un testo?

2_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Total knee arthroplasty rehabilitation protocol: what makes the difference?

The goals of any rehabilitation protocol should be to control pain, improve ambulation, maximize range of motion, develop muscle strength, and provide emotional support.

Over 85% of total knee arthroplasty patients will recover knee function regardless of which rehabilitation protocol is adopted.

Inserire una TABELLA in WORD

3_



A_ COSA MOSTRA L'IMMAGINE?

B_ PER QUALE MOTIVO VIENE FATTA?

Fractures of the ankle, hind- and midfoot are amongst the five most common fractures. Besides initial operative or non-operative treatment, rehabilitation of the patients plays a crucial role for fracture union and long term functional outcome. Limited evidence is available with regard to what a rehabilitation regimen should include and what guidelines should be in place for the initial clinical course of these patients.

In WORD come si applica il "corsivo" ad un testo?

4_



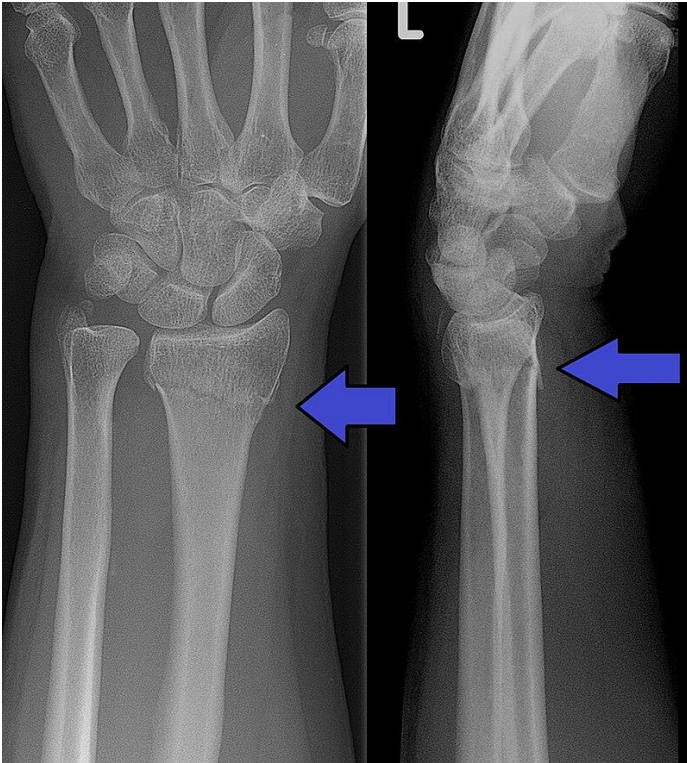
A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

This review of the literature assessed what is known about the biomechanics of the normal anterior cruciate ligament during rehabilitation exercises, the biomechanical behavior of the anterior cruciate ligament graft during healing, and clinical studies of rehabilitation after anterior cruciate ligament replacement. After anterior cruciate replacement, immobilization of the knee, or restricted motion without muscle contraction, leads to undesired outcomes for the ligamentous, articular, and muscular structures that surround the joint.

In WORD come si modificano i margini di un documento?

5_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Home healthcare has subsumed an increasingly important role in healthcare over the last 20 years. Short hospital stays often result in patients being discharged to their homes before attaining maximal function ; yet travel for follow-up outpatient therapy may be too difficult, too expensive, or not possible, particularly for people with mobility limitations.

In WORD come si allinea un testo al centro?

6_



A_ COSA MOSTRA L'IMMAGINE?

B_ TRATTAMENTO

While post-operative rehabilitation is believed to be essential to maximize outcomes following Revers Total Shoulder Arthroplasty, there is a paucity of high-quality evidence that guides current rehabilitation protocols. There is no consensus regarding type of immobilization, timing of rehabilitation, or need for formal therapist-directed rehabilitation versus physician-guided home exercise.

In WORD come si allinea un testo a sinistra?

7_



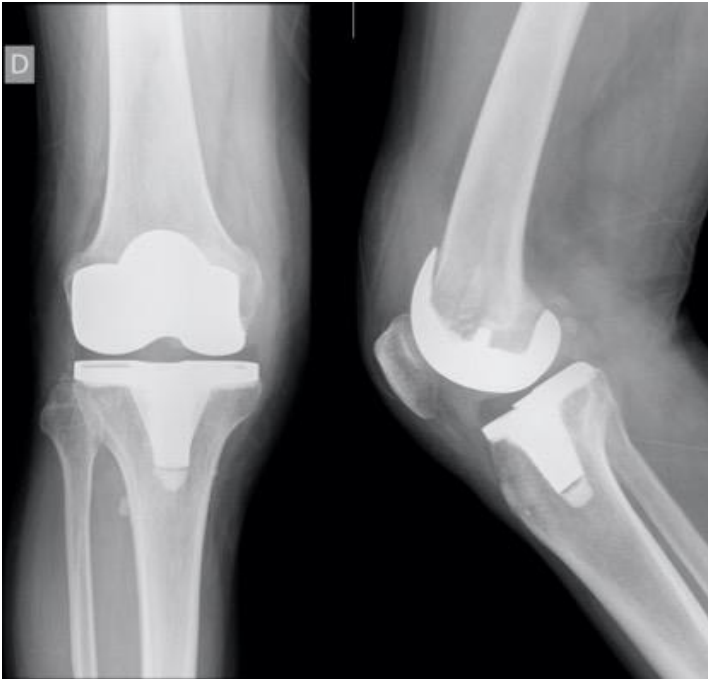
A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

The use of reversed total shoulder arthroplasty has increased because of an increasing number of indications for this procedure and by ageing of the population. Usual postoperative care consists of immobilisation of the shoulder for a period of 2–6 weeks to allow healing of the subscapularis tendon and protection of the joint. However, new literature proved that reattachment of the subscapularis tendon is unnecessary.

In WORD come si allinea un testo a sinistra?

8_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Claims have been made in a pilot study that a new form of short-term rehabilitation according to 'Best Practice' standards would change signs and symptoms of patients with scoliosis in the short-term. Aim of this study is to repeat the study published 2010 with a larger sample of patients using the same protocol.

Inserire un elenco puntato in WORD

9_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Individuals with chronic ankle instability have deficits in neuromuscular control and altered movement patterns. Ankle-destabilization devices have been shown to increase lower extremity muscle activity during functional tasks and may be useful tools for improving common deficits and self-reported function.

In WORD come si “salva con nome” un documento?

10_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Chronic ankle instability is a very common injury but still remains an area of debate. This review aims to define the current diagnosis and treatment of persons with chronic ankle instability . Conservative treatment of patients with chronic ankle instability must be the first-line therapy. Surgical treatment must be indicated only when conservative treatment fails.

In WORD come si "taglia" una frase o una parola?

11_



A_ COSA MOSTRA L'IMMAGINE?

B_ TRATTAMENTO

Subacromial impingement syndrome (SAIS) represents a spectrum of pathology ranging from subacromial bursitis to rotator cuff tendinopathy and full-thickness rotator cuff tears. The relationship between subacromial impingement and rotator cuff disease in the etiology of rotator cuff injury is a matter of debate.

In WORD come si "copia" un testo o una parola?

12_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

Low back pain is a considerable health problem in all developed countries and is most commonly treated in primary healthcare settings. It is usually defined as pain, muscle tension, or stiffness localised below the costal margin and above the inferior gluteal folds, with or without leg pain. The most important symptoms of non-specific low back pain are pain and disability.

In EXCEL come si calcola la somma di 2 o più valori?

13_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Acute low back pain with or without sciatica usually is self-limited and has no serious underlying pathology. For most patients, reassurance, pain medications, and advice to stay active are sufficient. A more thorough evaluation is required in selected patients with “red flag” findings associated with an increased risk of cauda equina syndrome, cancer, infection, or fracture. These patients also require closer follow-up and, in some cases, urgent referral to a surgeon.

In EXCEL come si “allineano” a destra una serie di dati?

14_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Unilateral spatial neglect (USN) following brain damage is often defined as the inability to attend or respond to space contralateral to the damage, not attributable to a primary sensory or motor deficit. This definition does not capture the heterogeneity of neglect. We studied 47 consecutive right handed patients within 48 h of left hemisphere stroke to determine the frequency and distribution of types of right USN using cognitive testing and MRI imaging.

In EXCEL come si "allineano" a sinistra una serie di dati?

15_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

Parkinson's disease is a recognisable clinical syndrome with a range of causes and clinical presentations. Parkinson's disease represents a fast-growing neurodegenerative condition; Current criteria define Parkinson's disease as the presence of bradykinesia combined with either rest tremor, rigidity, or both. However, the clinical presentation is multifaceted and includes many non-motor symptoms. Prognostic counselling is guided by awareness of disease subtypes.

Come si calcola in EXCEL la "media" di una serie di dati"?

16_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Neck pain is the fourth leading cause of physical and mental disorders associated with long-term disability. Most people will experience neck pain during their lifetime, and there is a high probability of recurrence between one and five years after treatment. Neck pain is associated with a significant economic health burden owing to treatment costs, lost wages, and absenteeism.

In POWER POINT come si aggiunge una nuova diapositiva?

17_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Multiple sclerosis (MS) is an autoimmune demyelinating and neurodegenerative disease of the central nervous system, and the leading cause of nontraumatic neurological disability in young adults. Effective management requires a multifaceted approach to control acute attacks, manage progressive worsening, and remediate bothersome or disabling symptoms associated with this illness.

In EXCEL come si calcola la "differenza" tra 2 dati?

18_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

The Barthel Index has been recommended for the functional assessment of older people but the reliability of the measure for this patient group is uncertain. To investigate this issue we undertook a systematic review to identify relevant studies from which an overview is presented.

A cosa serve il programma POWER POINT?

19_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Given the increasing population of older adults in different societies, it is important to take into account the needs of them. In this regard, the most important things that are closely related to their quality of life are their ability in evaluating Activity of Daily Living (ADL) and Instrumental Activity of Daily Living (IADL) performances. The aims of the present study were to identify the outcome measures specific to the ADL and IADL for older adults and to investigate the psychometric properties of these measures.

Con il termine Hardware cosa si intende?

20_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

The aim of this study is to present a strategy of rehabilitation in multiple sclerosis on the basis of the latest developments in the field of physiotherapy. The complexity of the disease, the difficulty in determining the appropriate treatment and wide range of symptoms require a comprehensive approach to the patient which would include both pharmacology and neurorehabilitation.

Un file con estensione "EXE" è considerato?

21_



A_ COSA MOSTRA L'IMMAGINE?

B_ TRATTAMENTO

Although Multiple Sclerosis is a chronic progressive disease with no cure, rehabilitation therapy offers the opportunity for improved daily functioning, greater independence and a reduction in several symptoms. A multidisciplinary team of healthcare professionals is recommended for the effective management of the varied symptoms patients with MS may develop over the disease course. Increased importance should be placed on the patient's perspective

Un file con estensione "PDF" è considerato?

22_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

The hemiplegic patients whom we included in the rehabilitation program recorded a statistically significant improvement, both in their daily life activities and in their ambulation levels, at the end of an average 40-day hospitalization period. These results show the importance of a suitable rehabilitation program....

Utilizzare la funzione “visualizza schermo intero” in un documento di Word.

23_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

The subject over 65 effectively responds to the core district loads with positive transfer and adaptation in other motor ability; it is plausible to assume that such content should be included in the motor activity plans aimed to increasing balance ability, trunk stabilization and, consequently, in senior fall prevention plans.

Cos'è Excel e a cosa serve?

24_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Treatment of an ankle fracture involves a careful examination, appropriate imaging, understanding of the fracture pattern, and technically sound fixation or immobilization. Just as important, the patient's treatment and subsequent rehabilitation must be tailored to his or her other medical conditions and pre-injury functional status.

Con il termine Firewall si intende un software che?

25_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Physiotherapy treatment, especially those modalities including visual and auditory cueing, should be prescribed to Parkinson's Disease patients with Freezing of gait. Future studies including Parkinson's Disease patients with cognitive impairment and Freezing of gait objective measurement tools are needed to complete the existing scientific evidence.

In WORD come si aggiunge il "numero di pagina"?

26_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

In recent years there has been increased interest in the role of exercise in the alleviation of patellofemoral pain syndrome.Some traditional exercises, previously considered essential to any regime for this common condition, were not found to be as beneficial as previously thought.

Come i fa a salvare un documento di Word con un nuovo nome?

27_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

The purpose of this research was to verify the effectiveness of an eight-week quadriceps strengthening program on pain, function and quality of life of patients with knee osteoarthritis. The program quadriceps strengthening exercises applied in this randomized clinical trial was effective in improving pain, function and quality of life of patients with knee osteoarthritis.

Qual è la differenza tra un file e una cartella?

28_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

The most balanced coactivation ratios were observed during the single-limb dead-lift, lateral-hop, transverse-hop, and lateral -walk exercises. These exercises potentially could facilitate balanced activation in anterior cruciate ligament rehabilitation and injury-prevention programs.

In WORD "evidenziare" un testo in giallo.

29_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Median nerve mobilization is one of the interventions used in the treatment of carpal tunnel syndrome. However, it is uncertain how many types of mobilization techniques are described in the current literature or the relative effectiveness of these techniques in treating carpal tunnel syndrome.

Come si modifica il font in un testo in WORD?

30_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Isokinetic exercises have positive effects on passive position sense of knee joints, increasing the muscular strength and work capacity. These findings show that using the present isokinetic exercise in rehabilitation protocols of patients with patellofemoral pain syndrome not only improves the knee joint stabilization but also the proprioceptive acuity.

Avviare una presentazione Power Point a schermo intero

31_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

Muscle dysfunction is a major problem in chronic obstructive pulmonary disease (COPD), particularly after exacerbations. We thus asked whether neuromuscular electrostimulation (NMES) might be directly useful following an acute exacerbation and if such a therapy decreases muscular oxidative stress and/or alters muscle fibre distribution.

Ordinare in crescente i dati di una tabella EXCEL

32_



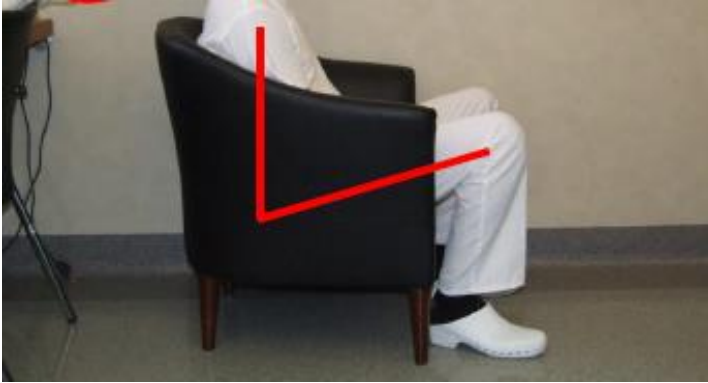
A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

Patients with severe strokes who received individualized care on a highly specialized stroke rehabilitation unit achieved impressive functional outcomes despite a lag of seven weeks post stroke before rehabilitation was initiated. Many patients were no longer wheelchair dependent and almost half returned home.

Ordinare in decrescente i dati di una tabella EXCEL

33_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

Neck-and-shoulder pain is commonly experienced by both adolescents and adults. Back and neck disorders represent one of the most common causes for both short- and long-term sick leave and disability pension.

In WORD come si aggiunge una riga al una tabella?

34_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

To determine the effectiveness of the Bobath concept at reducing upper limb impairments, activity limitations and participation restrictions after stroke... Comparisons of the Bobath concept with other approaches do not demonstrate superiority of one approach over the other at improving upper limb impairment, activity or participation.

In WORD come si inserisce un'immagine in un testo?

35_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

Patients suffering from Bell's palsy may benefit from specific categorical physiotherapy treatments designed to improve physical functioning as well as social well-being. The use of the Facial Disability Index should be advocated in determining the efficacy and progression of physiotherapy treatment of patients with Bell's palsy.

Modificare l'interlinea in un testo di WORD

36_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

Strong evidence is found for preoperative physiotherapy, mobilisation at an early stage in the clinical phase, aerobic exercise, strength training and relaxation therapy during the outpatient rehabilitation phase, and the adoption and monitoring of a physically active lifestyle after outpatient rehabilitation.

Come si “annulla l’ultima digitazione” in Word?

37_



A_ COSA EVIDENZIA L'IMMAGINE?

B_ TRATTAMENTO

The incidence of hip fractures is increasing worldwide with the aging population, causing a challenge to healthcare systems due to the associated morbidities and high risk of mortality. After hip fractures in frail geriatric patients, existing comorbidities worsen and new complications are prone to occur.

Cercare una parola in un testo mediante la funzione "trova"

38_



A_ COSA MOSTRA L'IMMAGINE?

B_ CONSIDERAZIONI

Neuropathic pain is an injury or disease of the central and/or peripheral somatosensory nervous system, and it has a significant impact on quality of life, especially since it is often refractory to treatment. Rehabilitative intervention is considered in various guidelines on neuropathic pain treatment, although not in an organic nor detailed way.

Modificare la dimensione del carattere in Word

39_



A_ COSA MOSTRA L'IMMAGINE?

B_ PER QUALE MOTIVO VIENE FATTA?

Current rehabilitation programs for the shoulder should focus on restoration of functional ability rather than focusing solely on resolution of symptoms. Rehabilitation is sometimes difficult in the shoulder, whose complex function involves not only local anatomic and biomechanical integrity, but also biomechanical and physiologic contributions from distant body segments.

Modificare il test in Word con carattere sottolineato

40_



A_ COSA MOSTRA L'IMMAGINE?

B_ SCOPO E UTILIZZO

In elderly persons, treadmill exercise testing provided prognostic information that is incremental to clinical data. After adjustment for clinical factors, workload was the only treadmill exercise testing variable that was strongly associated with outcome, and its prognostic effect was of the same magnitude in elderly and younger persons.

In WORD come si modifica "in grassetto "un testo?

41_



A_ COSA MOSTRA L'IMMAGINE?

B_ PER QUALE MOTIVO VIENE FATTA?

Regular calisthenic exercise programs may enable elders to better manage changes in the aging process. Physiotherapists should consider including calisthenic exercises in the rehabilitation programs for its effects on all parameters of sleep, fatigue, mental and emotional status in this population.

In WORD come si inserisce una tabella con 2 colonne e 3 righe

42_



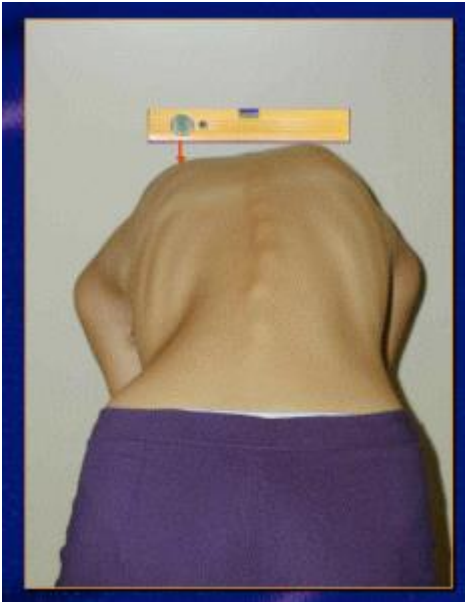
A_ COSA MOSTRA L'IMMAGINE?

B_ TRATTAMENTO

The main goal of physiotherapy is to reduce pain and restore (or maintain) optimal physical functioning. A wide range of non-pharmacological treatment modalities can be accessed by physiotherapists, including manual therapies, thermotherapy, hydrotherapy and graded exercise.

Cos'è un link

43_



A_ COSA MOSTRA L'IMMAGINE?

B_ PER QUALE MOTIVO VIENE FATTA?

Lateral elbow tendinopathy (LET) is a common musculoskeletal/sports injury. A plethora of physiotherapy techniques has been proposed in the management of LET. The exercise programme is the most common treatment in the management of LET. The optimal protocol of exercise programme is still unknown.

In WORD come si aggiunge “ il piè di pagina”?

44_



A_ COSA MOSTRA L'IMMAGINE?

B_ TRATTAMENTO

Elbow stiffness is defined as any loss of movement that is greater than 30° in extension and less than 120° in flexion. Causes of elbow stiffness can be classified as traumatic or atraumatic and as congenital or acquired. Any alteration affecting the stability elements of the elbow can lead to a reduction in the arc of movement.

In word come si aggiunge l'intestazione

45_



A - COSA MOSTRA L'IMMAGINE?
B - QUANDO SI USA?

Exercise and advice were the most frequently administered interventions for patients after a distal radial fracture irrespective of physiotherapist or patient factors. During rehabilitation, these interventions aim to restore wrist mobility and are consistent with both fracture management principles and a self management approach

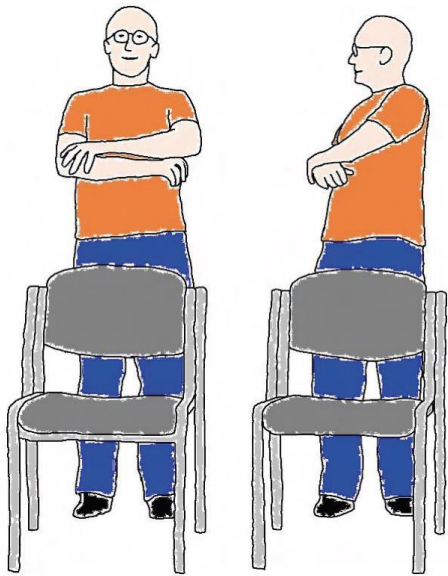
Cosa significa nella e-mail CCN?

46_



A - COSA MOSTRA L'IMMAGINE?

B - QUANDO SI USA?



Trunk movements

1. Stand tall with your feet hip width apart
2. Fold the arms in front of the chest or place one hand on the chair
1. Lengthen and lift the trunk upwards then slowly turn the head and shoulders to the right

Come si "annulla l'ultima digitazione" in Word?

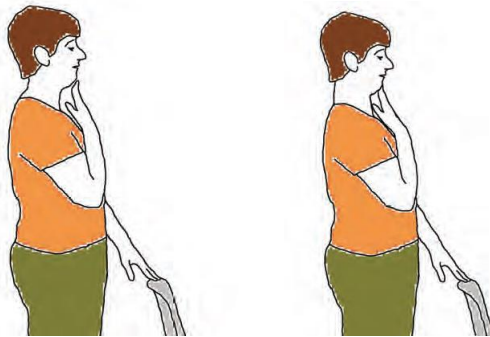
46_



A - COSA MOSTRA L'IMMAGINE?
B - QUANDO SI USA?

Neck movement

1. Stand tall with your feet hip width apart and arms resting loosely by your sides or hold the chair
2. Place 2 fingers onto your chin then gently guide the chin back until you feel a stretch in



Come si evidenzia un testo in Word?

47_



A - COSA MOSTRA L'IMMAGINE?

B - QUANDO SI USA?

Warning of an emergency evacuation will be marked by a number of short bell rings. (In the event of a power failure, this may be a hand-held bell or siren.)

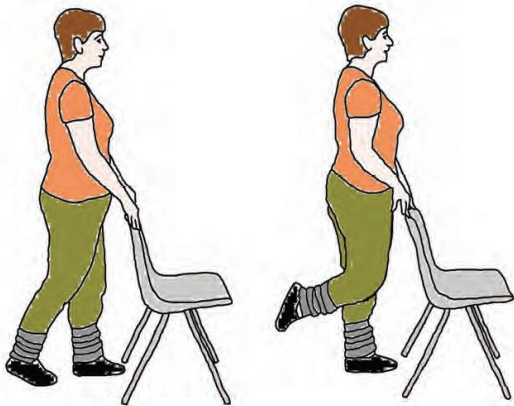
All class work will cease immediately. , Students will leave their bags, books and other possessions where they are., Teachers will take the class rolls., Classes will vacate the premises using the nearest staircase. If these stairs are inaccessible, use the nearest alternative staircase. Do not use the lifts. Do not run.

Con il termine Hardware cosa si intende?

48_



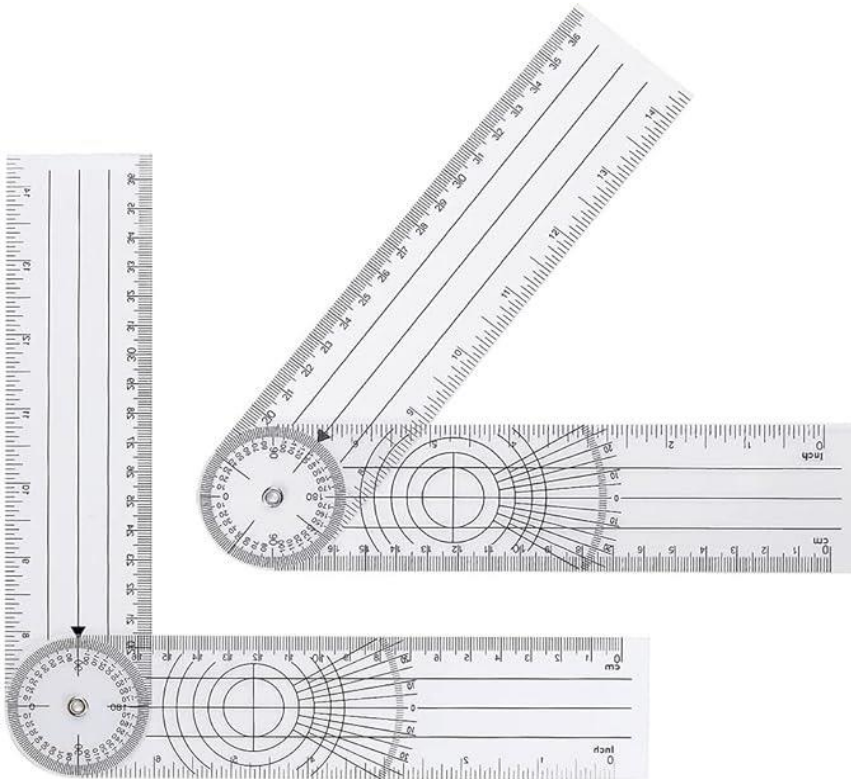
A - COSA MOSTRA L'IMMAGINE?
B - QUANDO SI USA?



Back knee strengthening

1. Stand tall close to and holding your support
2. Feet hip width apart and knees soft
3. Brush the foot backwards along the floor then lift the heel slowly towards the bottom
4. Keep the knees close together
5. Lower the foot slowly
6. Place the weight back over both feet to rest briefly

Un file con estensione "PDF" è considerato?



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

The Greeks took calisthenics seriously not only as a form of military discipline and strength, but also as an artistic expression of movement and an aesthetically ideal physique. Indeed, the term calisthenics itself is derived from the Greek words for beauty and strength. We know from historical records and images from pottery, mosaics and sculptures of the period that the ancient Olympians took calisthenics training seriously.

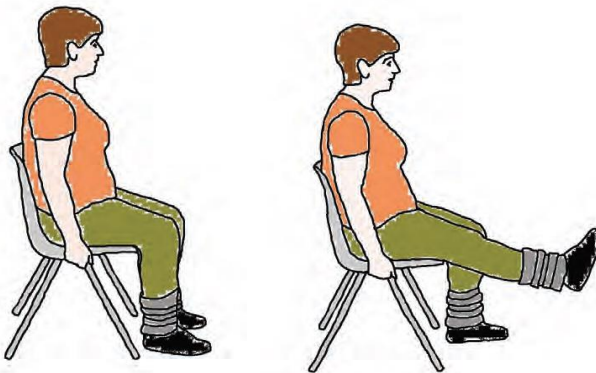
In WORD come si aggiunge il "numero di pagina"?

50_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?



Front knee strengthening

1. Sit back in the chair with your back supported and your feet under your knees
2. Brush one foot along the floor then lift the weight slowly and straighten (but do not lock out) your knee
3. Lower the foot with control
4. Repeat _____ times on one leg then change legs

Come si fa a salvare un documento di Word con un nuovo nome?

51_



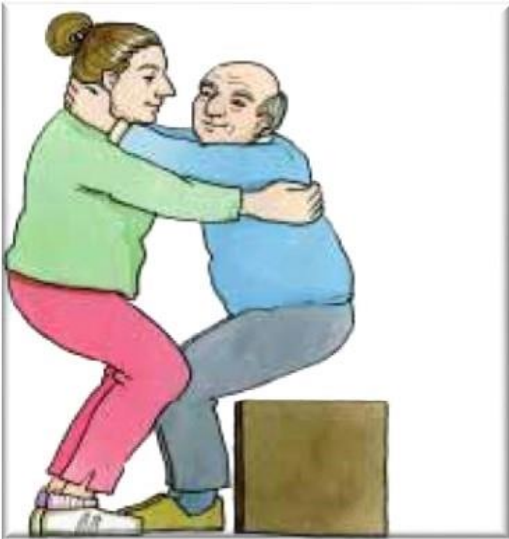
A - COSA MOSTRA L'IMMAGINE?

B – COMMENTA CIO' CHE VEDI.

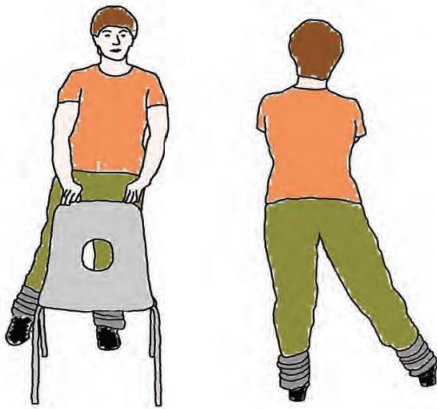
In the 1960s and 1970s calisthenics and the goal of functional strength combined with physical beauty was replaced by an emphasis on huge muscles at any cost. This became the sport of body building. Although body building's pioneers were drawn from the calisthenics tradition, the sole goal soon became an increase in muscle size.

Qual è la differenza tra un file e una cartella?

52_



A - COSA MOSTRA L'IMMAGINE?
B - COMMENTA CIO' CHE VEDI.



Side hip strengthening

1. Stand tall with your feet hip width apart holding your support
2. Lift the leg slowly out to the side keeping the toes pointing forwards
3. Avoid leaning the body to the side
4. Lower the leg slowly
5. Place the weight back over both feet to rest briefly
6. Repeat _____ times on one leg then change legs
7. Avoid lifting the foot to the level of the knee to avoid strain

In WORD "evidenziare" un testo in giallo.

53_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?



Calf raises

1. Stand tall with your feet hip width apart holding your support
2. Slowly lift the heels keeping the weight over the big toes
3. Avoid locking the knees
4. Lower the heels slowly
5. Repeat 10 to 20 times
6. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time

Avviare una presentazione Power Point a schermo intero

54_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

There are many negative thoughts associated with exercise and physical activity. However, the older adult has control over his/ her thoughts toward exercise. If you can assist the older adult in changing his/her negative thoughts to positive ones then his/her attitude to exercise will soon follow. Having positive thoughts and attitudes towards physical activity will enhance the older adult's motivation and ability to stay with an exercise program.

In WORD come si aggiunge una riga al una tabella?

55_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

As a health care provider, it is important for you to stress that every workout begins with a brief 5 minute warm-up. Walking around the house or yard is important to increase the heart rate and to get blood flowing to the muscles. Although walking primarily works the major muscles of the legs, it is important to also have older adults swing their arms. This will help loosen up their shoulders and make the walk more enjoyable as well as more effective.

In WORD come si inserisce una forma nel testo?

56_



**A - COSA MOSTRA L'IMMAGINE?
B – QUANDO E COME SI USA?**

Prepare older adults to expect setbacks and help them prepare for obstacles

Things like time, illness or bad weather may occasionally get in the way of goals. Teach the older adult to accept obstacles, learn, and move on. Any increased physical activity is always better than nothing at all! In the event of an extended illness or injury, refer the older adult to the appropriate health care provider team member before continuing with the exercise program.

In WORD come si inserisce un'immagine in un testo?

57_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

To help older adults to increase their steps, provide them with simple suggestions for increasing their number of daily steps (for example, parking at the farthest end of the mall parking lot, walking the dog, playing with their grandchildren, etc.). The pedometer provides them with a way to get credit for these extra lifestyle changes.

The pedometer is a constant reminder to help increase older adults' activity levels. Housework can become another theme by intensifying tasks they are already doing.

Come si “annulla l'ultima digitazione” in Word?

58_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Fitness is not limited to gym times or morning walks. The pedometers let older adults see daily life as an opportunity to be more active. Besides adding steps to everything older adults do, like walking all the aisles at the grocery or the home improvement store instead of making a beeline to what they need, older adults can also make time for active fun like an evening dancing or a yoga class. Watching steps add up is satisfying. They may even find themselves checking their pedometer now and then during the day to see if their goals are being reached. The pedometer becomes a gentle reminder to stick with better habits.

Che differenza c'è tra i comandi "rispondi" e "Rispondi a tutti"?

59_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

The pedometer should be worn snugly against the body, attached to a belt or the waistline of clothing. If the clothing does not have a waistband, attach the pedometer to a piece of elastic tied around the waist or on the older adult's underwear band. The pedometer should line up vertically with the crease of the pants or the center of the older adult's kneecap. The pedometer should be parallel to the ground. If it is tilted to one side or another, it will not give an accurate recording of steps.

In word come si inserisce una tabella con 2 colonne e 3 righe

60_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA? CON QUALE SIGNIFICATO?

Hot weather walking. Light color clothing to reflect the light should be worn. Do not wearing clothing that traps the heat. Use sunscreen and wear sun glasses to protect the eyes, especially if he/she has Macular Degeneration. A hat is also a good idea to keep the sun off the top of the head.

Come si “annulla l’ultima digitazione” in Word?

61_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Cold weather walking. Dress in layers so if the walker becomes hot, clothing can be removed or put back when cool again. Cotton should not be worn next to the skin, since it will absorb the sweat and will cause the older adult to become cold and uncomfortable. Three layers of clothing are best. The first layer should be a fabric that will wick sweat away from the body. The second layer should be the primary insulation such as a sweater or sweat shirt. The outer layer should be a jacket that will protect against the wind, rain, or snow. Since a great deal of heat is lost from the head, a hat is a good thing to wear in cold weather. Gloves should also be worn to protect the hands.

Che cos'è il touch screen?

62_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO SI USA?

Safety Guidelines While Walking Outdoors

Encourage older adults to...

1. Walk in numbers.
2. Wear colors that are bright and reflect in the night.
3. Walk in lighted areas.
4. Carry a whistle or cell phone to use if they need help - tucked away in a pocket instead of their purse or bag.
5. Tell someone when they're going for a walk and when they should be expected back.

Cosa significa nella email CCN?

63_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Helping Older Adults Know What They Need

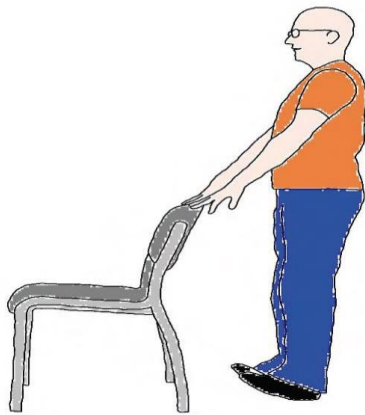
When choosing exercise shoes, the most important step is finding a good store that carries a wide variety of shoes and sizes for older adults to try. Once older adults have decided on the particular type of shoe they may need, it is important to know how to get a good fit. Remember, no matter how popular a shoe is or how good it may look, it won't do any good if the shoes cause blisters after the first day.

Cos'è un link?

64_



A - COSA MOSTRA L'IMMAGINE?
B - QUANDO E COME SI USA?



Toe raises

1. Stand tall with the feet hip width apart, holding your support
2. Slowly lift the toes keeping your knees soft
3. Avoid sticking your bottom out
4. Lower the toes slowly
5. Repeat 10 to 20 times
6. Aim to lift for a slow count of 3 and lower for

In WORD come si aggiunge" il piè di pagina"?

65_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

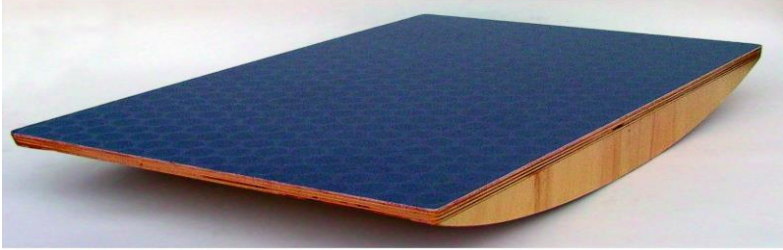


Toe walking supported

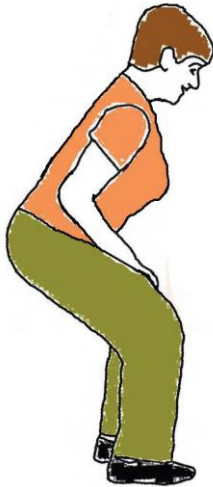
1. Stand side on to a support with feet hip width apart
2. Lift the heels keeping the weight over the big toes
3. Walk 10 steps forwards on your toes.
4. Bring the feet level before lowering the heels to the floor
5. Turn around towards the support then repeat the toe walking in the other direction
6. Move steadily and with control

Con il termine Firewall si intende un software che?

66_



A - COSA MOSTRA L'IMMAGINE?
B - QUANDO E COME SI USA?

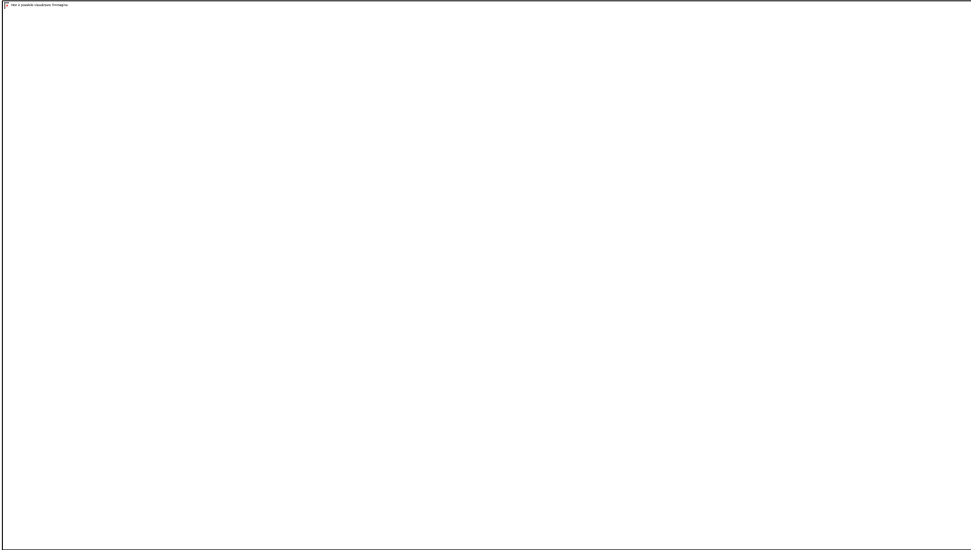


Knee bends no support

1. Feet should be hip width apart, toes facing forwards
2. Bend the knees and push your bottom backwards as though you were going to sit down
3. Ensure the heels do not lift
4. Ensure the knees do not roll inwards
Come back up to the start position
5. Repeat _____ times

In WORD come si modifica "in grassetto "un testo?

67_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?



Toe walking supported

6. Stand side on to a support with feet hip width apart
7. Lift the heels keeping the weight over the big toes
8. Walk 10 steps forwards on your toes.
9. Bring the feet level before lowering the heels to the floor
10. Turn around towards the support then repeat the toe walking in the other direction
11. Move steadily and with control

In WORD come si modifica "in grassetto "un testo?

68_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

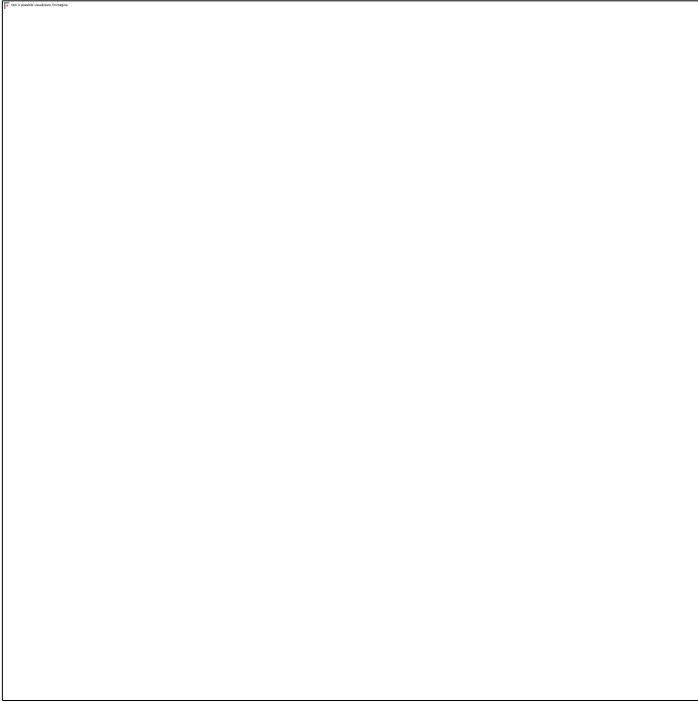
Back extension

1. Stand tall with your feet hip width apart
2. Place your hands onto your bottom
3. Gently arch your back
4. Avoid looking at the ceiling or locking out your knees
5. Repeat 5 times



Cos'è il desktop?

69_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Stretching improves range of motion for activities of daily living, such as combing hair, getting dressed, or picking up objects from the floor. Stretching may also prevent pain or injury. Stretching exercises are thought to give older adults more freedom of movement to do the things they need and like to do. If an older adult is more flexible, he or she is less likely to become injured or have low back pain.

In WORD come si inserisce un'immagine in un testo?

70_



A - COSA MOSTRA L'IMMAGINE?

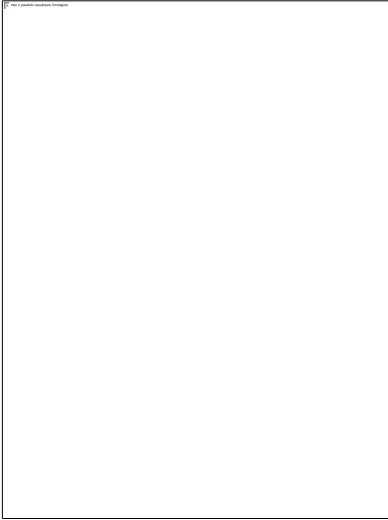
B – COME SI USA? CI SONO ALTRE MODALITÀ D'USO?

Encourage the older adult to always warm up before stretching, by stretching after aerobic or strength exercises or by doing some easy walking or arm-pumping first. Stretching muscles before they are warm may result in injury.

Inform the older adult that stretching should never cause pain, especially joint pain. If it does, he or she may be stretching too far, and needs to reduce the stretch so that it does not hurt. However, mild discomfort or a mild pulling sensation is normal.

Modificare la dimensione del carattere in Word

71_



A - COSA MOSTRA L'IMMAGINE?

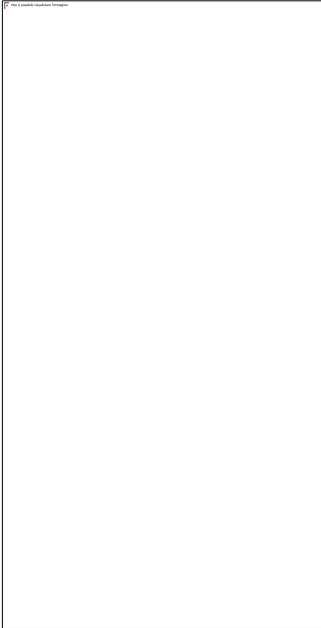
B – QUANDO E COME SI USA?

The older adult who has had a hip replacement, inform them to keep from crossing legs or bending hips past a 90-degree angle.

Older adults should avoid locking their joints into place when they straighten them during stretches. There should always be a very small amount of bending in the joints while stretching.

Definire cos'è un software.

72_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Inform older adults to never hold their breath (this is very important). Suggest exhaling as they make the stretch and inhale as they come back from the stretch. If the older adult has had a hip replacement, check with the doctor who did the surgery before suggesting lower body stretching exercises.

Modificare il test in Word con carattere sottolineato

73_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Some exercises may have the older adults getting down on the floor. If the older adult is afraid to lie on the floor

because he or she fears not being able to get up, suggest the use of a couch or a bed for stretching, however make sure the bed or couch is big enough so the older adult does not fall off. It is important to inform the older adult of the correct way to get up and down from the floor

In WORD come si inserisce una forma nel testo?

74_

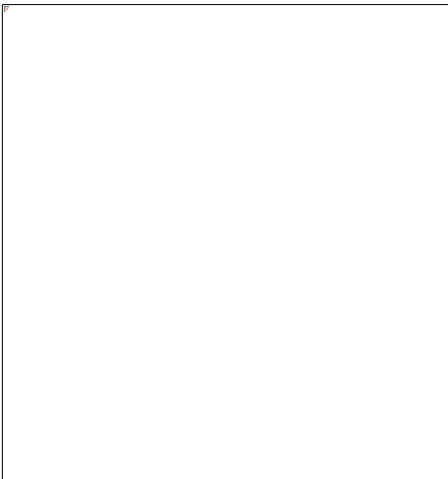


A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Instruct the older adult to...

1. Sit or stand.
2. Bring the first arm across chest
3. Using second arm pull the first arm towards chest.
4. The stretch should be felt in the shoulder muscles.



In WORD come si aggiunge una riga al una tabella?

75_



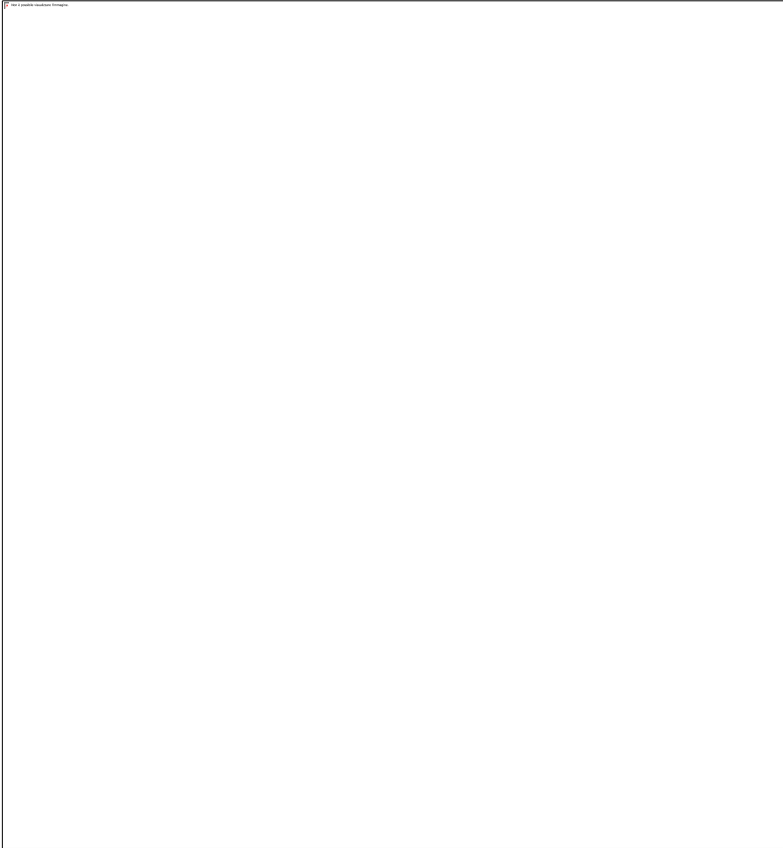
A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

The goal for older adults is to measure their steps in a typical week. Each morning they should reset the pedometer to “0” then set it to show steps (ignore distance and calorie counts if they are on the pedometer - this information is not very accurate). The pedometer should be kept closed and attached to the front of the waist to the left or right of center in line with the kneecap. They should wear the pedometer all day. At night, the number of steps taken should be recorded.

Come si modifica il font in un testo in WORD?

76_



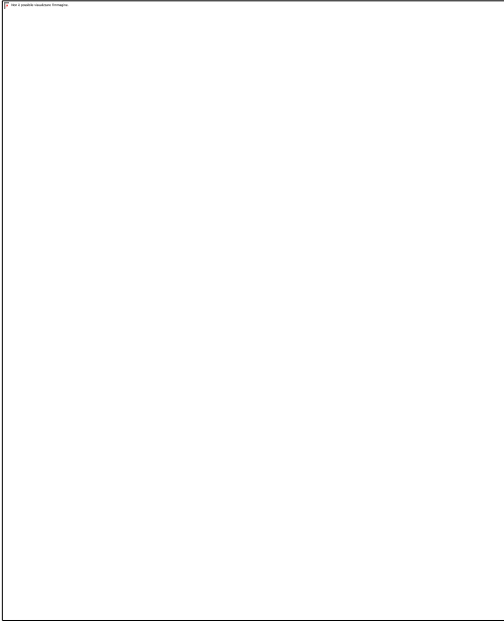
A - COSA MOSTRA L'IMMAGINE?

B – SI COMMENTI LA SEQUENZA MOSTRATA

Aerobic training is any activity that uses the large muscle groups like the legs and causes heart rate to increase for a period of time. Aerobic training is also called endurance training, cardiovascular training, or cardiorespiratory training. Aerobic activity includes walking, swimming, cycling, dancing, or stair climbing. Walking is probably the easiest form of aerobic training to do since no special skills are needed. An older adult can walk almost anywhere (inside or outside) without any special equipment except a good pair of shoes.

Come si fa a salvare un documento di Word con un nuovo nome?

77_



A - COSA MOSTRA L'IMMAGINE?

B – SI COMMENTI LA SEQUENZA MOSTRATA

For the first week, have them perform their normal routine without any changes to their activity levels. Have them record the steps they take each day. Once clipped to a waistband, it is easy to forget the pedometers are there. The only problem is that they can fall off, especially when using the restroom. To help solve this problem tie a string around the pedometer and loop it through a belt or onto a safety pin attached at the waist.

Utilizzare la funzione “visualizza schermo intero” in un documento di Word.

78_



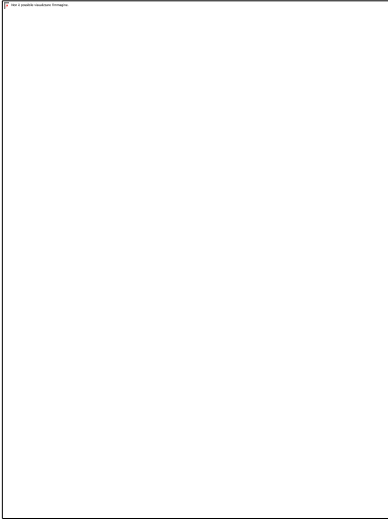
A - COSA MOSTRA L'IMMAGINE?

B – SI COMMENTI LA POSTURA MOSTRATA

A pedometer is a small electronic device that calculates the steps taken during a specific time. The device is quite user friendly. The older adult can simply strap it to his or her waist band and go. Pedometers simplify the method of keeping track of the distance walked and simply knowing the number of steps taken can push an older adult to take more steps. It is a good idea to have the older adult put his/her name and phone number on the pedometer in case it falls off and gets lost.

Un file con estensione "EXE" è considerato?

79_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Exercise shoes no longer require a breaking-in period. In fact, it is more important to be aware of when they wear out, because they will lose the cushioning which absorbs the pounding and jarring action of walking with regular use. It is important to replace shoes regularly, to prevent knee, foot, and/or ankle injuries. Once shoes become stiffer and less flexible they need replacing.

In word come si aggiunge l'intestazione

80_



A - COSA MOSTRA L'IMMAGINE?

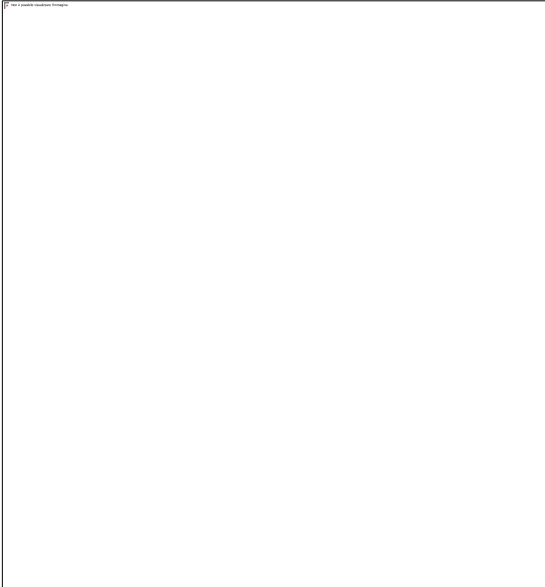
B – QUANDO E COME SI USA?

Stand next to a secure surface (i.e. dining room table or countertop). Keep feet shoulder width apart and body erect. With ankle weights on each ankle, place hands on secure surface. Keep head erect and chin off chest. Take a deep breath and slowly raise both heels off the ground, exhaling during the movement, (the older adult is basically standing on toes). Maintain an erect posture throughout the movement.

Hold for one second, and then return to starting position while inhaling.

Cos'è la RAM?

81_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Stand next to a secure surface (i.e. dining room table or countertop). Keep feet shoulder width apart and body erect. With ankle weights on each ankle, place hands on secure surface. Keep head erect and chin off chest (Figure 19).

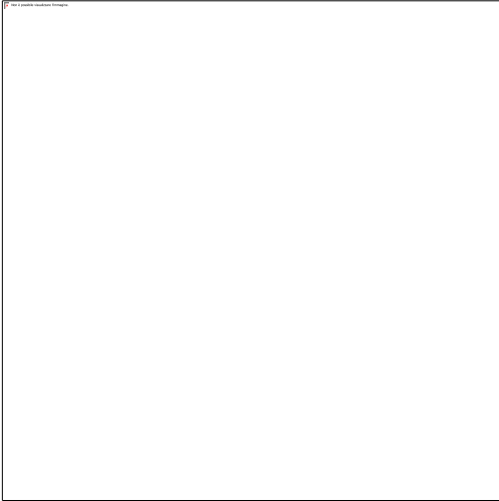
Take a deep breath. Slowly extend near leg backwards as far as possible without bending at the waist exhaling during the movement. Maintain erect body position throughout the movement.

Keep working leg straight lift up (Figure 20); hold for one second then return to starting position while inhaling.

After desired number of repetitions, switch legs and repeat.

Cosa succede ad un file con l'opzione elimina?

82_



A - COSA MOSTRA L'IMMAGINE?

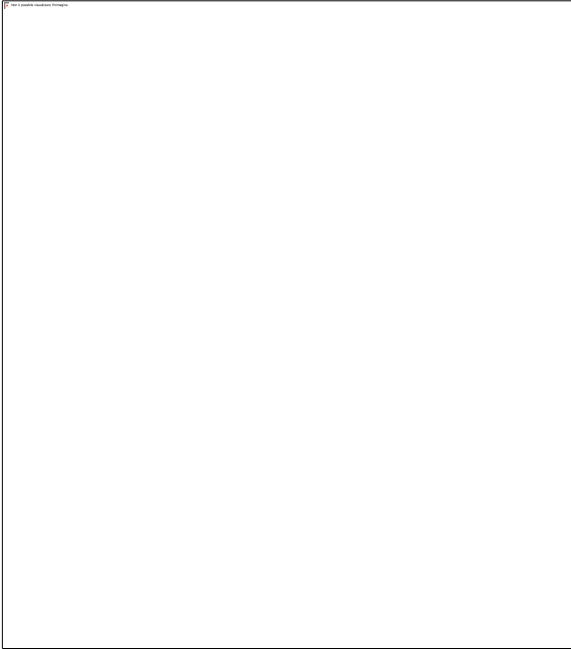
B – QUANDO E COME SI USA?

Flexibility Training

Stretching improves range of motion for activities of daily living, such as combing hair, getting dressed, or picking up objects from the floor. Stretching may also prevent pain or injury. Stretching exercises are thought to give older adults more freedom of movement to do the things they need and like to do. If an older adult is more flexible, he or she is less likely to become injured or have low back pain.

Cos'è una connessione di rete?

83_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Helping Older Adults to Get Started with Stretching

Choose stretches based on the older adult's needs (for example, if he or she has functional limitations in the upper body, have the older adult perform upper body stretches to target the limitations). Add other stretches as needed.

Have the older adult begin with 5 to 10 total stretches for the upper and lower body.

First, the older adult should warm up the muscles by walking, riding a bike, or another similar activity. Stretch muscles while they are warm and have increased blood flow for maximum benefit and minimal risk.

Aiutare gli anziani a iniziare con lo stretching

Con il termine Hardware cosa si intende?

84_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Helping Older Adults to Get Started with Stretching

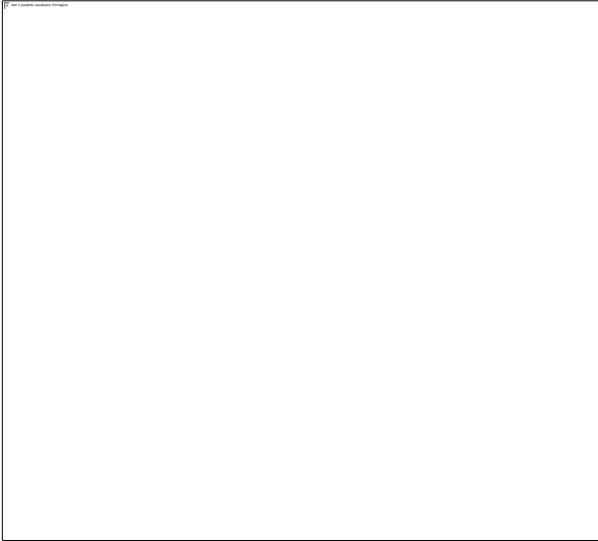
Encourage the older adult to stretch **at least 2-3 days/wk, ideally 5-7 days/wk**, preferably after an aerobic or strengthening workout.

If the older adult can't find the time to stretch, stretch while watching TV or before going to bed at night.

Some exercises are not appropriate for all older adults. If older adults have degenerative disk disease, osteoporosis, hip or knee replacements, have just undergone surgery or have any concerns at all please refer them to their health care provider.

Qual è la differenza tra un file e una cartella?

85_



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

LOWER BACK STRETCH

THIS STRETCH CAN REALLY AID IN LOWER BACK PAIN, MUSCLE SPASMS, AND REDUCE INJURIES FROM EXERCISING TIGHT MUSCLES

Lay on back on a firm surface with hips and knees bent.

Grab one knee and bring it to chest (Figure 39).

Hold and switch sides

Another way for the older adult to stretch lower back is to...

1. Sit in a solid chair
2. Slowly lean forward dropping arms to the floor
3. Please do not use a recliner or a chair that can tip forwards

In WORD “evidenziare” un testo in verde.



A - COSA MOSTRA L'IMMAGINE?

B – QUANDO E COME SI USA?

Hip Rotator Stretch

This exercise also stretches the outer muscles of hips and thighs.

Instruct the older adult to...

1. Lie on back with both knees bent and feet on the floor.
2. Put the ankle of the leg being stretched on opposite thigh near knee.
3. Push gently on the knee of the leg being stretched until the muscles in the hip area are stretched

Utilizzare la funzione “unisci celle” in una tabella Word

