



## 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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### Letter to the Editor

Our research began in 1987. First, we confirmed that the re-acquirement of walking in the bedridden hospitals for the elderly was as high as 30% of inpatients rehabilitated. This fact was accepted as a peer-reviewed paper in the Japanese Journal of Clinical Orthopedics [1]. The English version paper was presented at the CSUN 2000 Conference [2]. Also, the facts were approved to present at the 1<sup>st</sup> World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM) and were published at a later date [3,4]. It was expected to spread forthwith because it is a proposal of an effective intervention method, but it has not been realized until now.

However, it was approved as a long workshop titled "Super aged community: Role for community based and primary rehabilitation care" at the 10<sup>th</sup> ISPRM in 2019, and following this, it was adopted the joint academic seminar by the Polish Academy of Sciences and the Japan Society for the Promotion of Science in 2020. We summarized the researches to 1. Confirmation of facts, 2. Follow-up testing, 3. Device development, 4. Clarification of methodology, and 5. Mechanisms there. The contents of this seminar are available on the website [5]. These intervention methods, named the Takizawa method, have been patented in the US Patent office [6]. This method is based on a simple kinetic rehabilitation training named "motivative exercise", in which both feet are placed on the training board, and the patient's healthy foot moves it, and both the healthy and affected feet move in the same direction simultaneously. Our research has confirmed that the motivative exercise is the core of the results.

I am writing this Letter to Editor because I think it is important that research on this simple, new intervention method progress and is disseminated to people worldwide.

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