

研究業績 英文表記

和文	
表題	地域在住高齢者に動作法を実践するにあたって
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英文	
Title	A Review of the Dohsa-Hou Practices of the Elderly Living in a Local Community
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Abstract	<p>This paper reviews to Dohsa-Hou practices for the elderly who live in a local community from three points of “set up the place”, “Dohsa tasks”, and “attitude” to give suggestion to the future practices.</p> <p>The first point, 4-8 sessions were held which aimed to relax from the physical pain or tension. The second point, Dohsa tasks were carried out to relax the tension around shoulder and waist. The last point, it was found that we pay more attention to feel the elderly person's feelings of tension and relaxation than encourage them to loosen tension.</p>
keyword	Dohsa-Hou, the Elderly Living in a Local Community, Practical Points

※本データの英文表記は実際の論文上の表記とは異なります。