

SALA ESTIMULACIÓN FUNCIONAL INTEGRAL

MATERIAL DE LA SALA



BICICLETA



MEDICAL LEG PRESS



CHEST PRESS



LEG EXTENSION



ESCALERAS



PARALELAS



PESAS



CINTAS ELÁSTICAS



TANITA ANÁLISIS DE BIOIMPEDANCIA



HANDGRIP JAMAR FUERZA MUSCULAR



BAÑOS ADAPTADOS PARA DIFERENTES SEXOS
MESAS DE TRABAJO
TELEVISIÓN

BIBLIOGRAFÍA

1. Martínez-Velilla N, Casas-Herrero A, Zambom-Ferraresi F, Sáez de Asteasu ML, Lucia A, Galbete A, García-Baztán A, Alonso-Renedo J, González-Glaría B, Gonzalo-Lázaro M, Apezteguía Iráizoz I, Gutiérrez-Valencia M, Rodríguez-Mañas L, Izquierdo M. Effect of Exercise Intervention on Functional Decline in Very Elderly Patients During Acute Hospitalization: A Randomized Clinical Trial. *JAMA Intern Med.* 2019 Jan 1;179(1):28-36.
2. Raymond MJM, Jeffs KJ, Winter A, et al. The effects of a high-intensity functional exercise group on clinical outcomes in hospitalised older adults: an assessor-blinded, randomised-controlled trial. *Age Ageing.* 2017;46(2):208–213.
- Ortiz-Alonso J, Bustamante-Ara N, Valenzuela PL, et al. Effect of a simple exercise program on hospitalization-associated disability in older patients: a randomized controlled trial. *J Am Med Dir Assoc.* 2020;21(4):531–537.
3. Saez de Asteasu ML, Martínez-Velilla N, Zambom-Ferraresi F, et al. Physical exercise improves function in acutely hospitalized older patients: secondary analysis of a randomized clinical trial. *J Am Med Dir Assoc.* 2019;20(7):866–873.
4. Saez de Asteasu ML, Martínez-Velilla N, Zambom-Ferraresi F, et al. Changes in muscle power after usual care or early structured exercise intervention in acutely hospitalized older adults. *J Cachexia Sarcopenia Muscle.* 2020;11(4):997–1006.
5. Sáez de Asteasu ML, Martínez-Velilla N, Zambom-Ferraresi F, Casas-Herrero Á, Cadore EL, Galbete A, Izquierdo M. Assessing the impact of physical exercise on cognitive function in older medical patients during acute hospitalization: Secondary analysis of a randomized trial. *PLoS Med.* 2019 Jul 5;16(7):e1002852.
6. Martínez-Velilla N, Valenzuela PL, Sáez de Asteasu ML, et al. Effects of a tailored exercise intervention in acutely hospitalized oldest old diabetic adults: an ancillary analysis. *J Clin Endocrinol Metab.* 2021;106(2):e899-e906. 10.1210/clinem/dgaa809.
7. McCullagh R, O'Connell E, O'Meara S, et al. Augmented exercise in hospital improves physical performance and reduces negative post hospitalization events: a randomized controlled trial. *BMC Geriatr.* 2020;7(2):20–46.
8. Carneiro MAS, Franco CMC, Silva AL, Castro-E-Souza P, Kunevaliki G, Izquierdo M, Cyrino ES, Padilha CS. Resistance exercise intervention on muscular strength and power, and functional capacity in acute hospitalized older adults: a systematic review and meta-analysis of 2498 patients in 7 randomized clinical trials. *Geroscience.* 2021 Dec;43(6):2693-2705.

9. Cadore EL, Sáez de Asteasu ML, Izquierdo M. Multicomponent exercise and the hallmarks of frailty: Considerations on cognitive impairment and acute hospitalization. *Exp Gerontol.* 2019 Jul 15;122:10-14.
10. Martínez-Velilla N, Sáez de Asteasu ML, Zambom-Ferraresi F, Roncal-Belzunce V, Galbete-Jiménez A, Sáez AC, Izquierdo M. Cognition Influences the Effects of Physical Exercise on Pain in Acute Hospitalized Older Adults. *J Am Med Dir Assoc.* 2022 Jan;23(1):175-176.
11. Hartley P, Keating JL, Jeffs KJ, Raymond MJ, Smith TO. Exercise for acutely hospitalised older medical patients. *Cochrane Database Syst Rev.* 2022 Nov 10;11(11):CD005955.
12. Fleiner T, Dauth H, Gersie M, Zijlstra W, Haussermann P. Structured physical exercise improves neuropsychiatric symptoms in acute dementia care: a hospital-based RCT. *Alzheimers Res Ther.* 2017 Aug 29;9(1):68.
13. Martínez-Velilla N, Valenzuela PL, Sáez de Asteasu ML, Zambom-Ferraresi F, Ramírez-Vélez R, García-Hermoso A, Librero-López J, Gorricho J, Pérez FE, Lucia A, Izquierdo M. Effects of a Tailored Exercise Intervention in Acutely Hospitalized Oldest Old Diabetic Adults: An Ancillary Analysis. *J Clin Endocrinol Metab.* 2021 Jan 23;106(2):e899-e906
14. Martínez-Fernández MV, et al. Analysis of Structural Characteristics and Psychometric Properties of the SarQoL® Questionnaire in Different Languages: A Systematic Review. *Int J Environ Res Public Health.* 2022 Apr 10;19(8):4561
<https://www.sarqol.org/sites/sarqol/files/SarQoL%20Spanish%20US.pdf>
15. Herdman M, Badia X, Berra S. El EuroQol-5D: una alternativa sencilla para la medición de la calidad de vida relacionada con la salud en atención primaria [EuroQol-5D: a simple alternative for measuring health-related quality of life in primary care]. *Aten Primaria.* 2001 Oct 15;28(6):425-30.