

Static Apnea in People with Physical Impairments

Golez Ana

Department of Medical Rehabilitation, General and Teaching Hospital Celje, Oblakova 5, 3000 Celje, Slovenia, Europe

ABSTRACT

People with disabilities wish to stay independent in daily life activities, also in sport activities, which make them feel free, independent, satisfied, and happy. On April 28, 2019, tetra- and para-plegics from five countries competed in freediving under supervision of physician, lifeguard, and professional divers. The longest dive lasted 4 min and 48 sec. There were no complications and in the end of competition, all competitors felt very well. No article on apnea or freediving in people with disabilities exists. Apnea diving in para- and, especially, tetra-plegics or tetraparetic people must be done with an appropriate equipment and under strict supervision of a professional diver, lifeguard, and physician to prevent complications. In the future, further research should be done on apnea diving in people with physical impairments.

Key words: Disabled, freediving, safety, self-contained underwater breathing apparatus diving

INTRODUCTION

People with disabilities try to stay independent in daily life activities. They also try to participate in sport activities, to feel free, independent, satisfied, and happy.

In PubMed, there are no articles about static apnea in disabled people. Some articles exist on self-contained underwater breathing apparatus (SCUBA) diving in people with disabilities. In the publishes articles, it is written that SCUBA diving participants felt less anxiety and depression, reported better quality of sleep, and improved social functioning.^[1-5]

MATERIALS AND METHODS

On April 28, 2019, tetra- and para-plegics from five countries competed in freediving under supervision of physician, lifeguard, and professional divers. In the beginning, participants were prepared for breathless diving and participated in 3-min deep relaxation. At first, they tried freediving and later duration of breathless dive was measured.

RESULTS AND DISCUSSION

The longest dive lasted 4 min and 48 s. There were no complications and in the end of competition, all competitors felt very well. There was also no samba phenomenon.

No article on apnea or freediving in people with disabilities exists. In articles about SCUBA diving at disabled persons, so far only positive consequences are reported.^[1-5] The current World record in free dive for men is more than 10 min and almost 6 min for women. Apnea and SCUBA diving in para- and, especially, tetra-plegics or tetraparetic people must be done with an appropriate equipment and under strict supervision of a professional diver, lifeguard, and physician to prevent complications.^[1-6]

CONCLUSION

All divers felt very well after apnea diving and there were so complications. In the future, further research should be done on apnea diving in people with physical impairments.

Address for correspondence:

Golez Ana, General and Teaching Hospital Celje, Oblakova 5, 3000 Celje, Slovenia, Europe. Tel.: 0038631817418.
E-mail: golez365@gmail.com

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