



CREATING TERRENKUR SYSTEM IN AN INDUSTRIAL CITY



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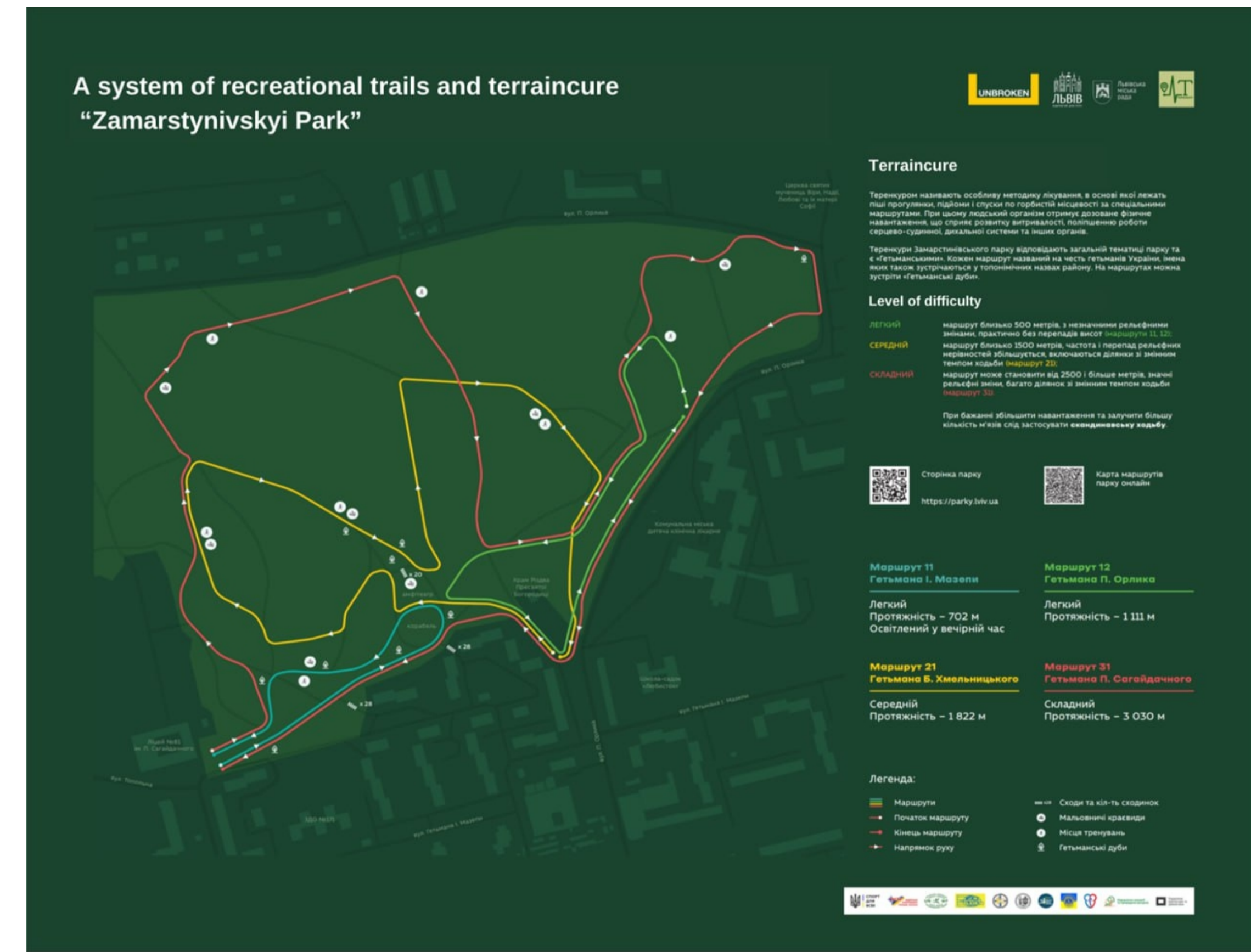
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- 9 Ukrainian Catholic University, Lviv, Ukraine
- 10 Lviv City Council, Lviv, Ukraine
- 11 Lviv Lion's Club, Lviv, Ukraine



ПЕРШЕ ТЕРИТОРІАЛЬНЕ МЕДИЧНЕ ОБ'ЄДНАННЯ



Background:

Physical activity as a therapeutic method of functional recovery is used to treat many diseases. Terrenkur, which is defined as distance, time, and angle dosed walking, is an accessible, natural and a widespread form of physical activity. Terrenkur was developed, launched and implemented in one of our city parks in 2019-2020. In 1885, the German physician Max Ertel proposed to introduce a method of healing the body (especially in case of cardiovascular diseases and obesity) and coined the term "terrenkur" (terrain - "terrain" from French) and Kur - "treatment" from German).

Purpose:

To create a terrenkur system in twelve parks in Lviv (Ukraine), ensuring maximum accessibility for residents and guests of our city to terrenkurs.

Results:

We developed a methodology for the terrenkur organization and proposed a system of from 3 up to 7 trails laid out in each park (evenly placed in different parts of the city). It is the first terrenkur system in the world located in a non-recreational area. Organizational, methodological and preparatory work was carried out by a team of professors and staff from different universities, practicing physicians, rehabilitologists and parks workers.



- Information Boards:** Parks are equipped with information boards that provide maps and details about healthy walking.
- Route Marking:** Trails are marked with columns indicating directions and the distance from the start of each route.
- Numbering System:** A unified numbering system has been developed for all trails, where the first digit indicates the level of difficulty of the route, and the second digit is the serial number in the individual park. For example, routes No11, No12 or No13 are easy routes, No21, No22, No23 are moderate routes and No31, No32 are difficult routes.

The history of terrenkur

1845
Hartwig
The Swiss doctor Hartwig advised his patients to take walks along the sea and in the mountains.

1862
Wilhelm Weber
The German professor Wilhelm Weber highly recommended walking along the paths of mountain resorts in Germany and Switzerland.

1885
Max Oertel
The German doctor, who proposed a method of treating obesity and cardiovascular diseases, based on dosed distance, pace and angle of the hiking route, which quickly became widespread in Europe.

1901
Nikolaj Obolonskii
In Kislovodsk (the Caucasus), based on the Ertel method, one of the first terrain cure routes was laid.

When creating the routes, we divided them into three types based on the level of complexity:

- 1) an easy route** - from 500 meters to 1500 meters, with minor terrain changes, almost no difference in elevation;
- 2) a moderate route** - from 1500 to 2500 meters, the frequency and difference of terrain inequalities increases, includes sections with a variable walking pace;
- 3) difficult route** - more than 2500 meters, significant terrain changes, many sections with a variable walking pace.

One alternative method of rehabilitation is NORDIC WALKING which helps to increase physical and aerobic load. We use 40% percent of our muscles while walking, 45 % while running, 50 % while cycling and 90% while going Nordic Walking.

On September 30, 2023, a charitable event «DAY OF HEALTH FOR VICTORY» was held in the park, offering physical activities and health education. During the event, participants had the opportunity to try different types of physical activity (terrenkur and Nordic walking), listen to lectures about a healthy lifestyle, as well as check their health status and determine their cardiovascular risks.

TERRENKUR
Терренкур це спеціальна ходьба – спеціальний маршрут, прокладений на місцевості для покращення фізичного здоров'я людини. Це означає, що маршрути спеціально розроблені для покращення фізичного здоров'я людини.

History
Засновником терренкуру вважають швейцарського лікаря Макс Ертеля, який запропонував своїм пацієнтам ходити в гори та в ліси. Це дозволяло їм відпочити та покращити своє здоров'я.

Performance technique
Під час терренкуру важливо дотримуватися певних правил: ходити в повільному темпі, використовувати правильну техніку ходьби, використовувати палички для терренкуру.

Involved muscles
Під час терренкуру активно працюють м'язи ніг, спини, плечей та рук. Це дозволяє покращити фізичну форму та здоров'я.

Positive impact
Терренкур допомагає покращити фізичну форму, знизити ризик захворювань серцево-судинної системи, покращити настрій та життєву енергію.

5 key benefits
1. Покращує фізичну форму.
2. Знижує ризик захворювань серцево-судинної системи.
3. Покращує настрій та життєву енергію.
4. Допомогає в боротьбі з надлишком ваги.
5. Знижує ризик захворювань опорно-рухового апарату.

Conclusions:

Terrenkur can be considered as an affordable and safe method of primary and secondary prevention of cardiovascular pathology and rehabilitation for other ailments. Now that is especially useful for internally displaced persons and soldiers who have returned from the battlefield and have post-traumatic stress disorder. Implementation of this method in industrial cities does not require large financial expenses and can promote patient wellbeing.

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Poster, abstract

The authors have no potential conflicts of interest