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BENEFIT'S EFFECTS OF LABOUR GYMNASTIC IN THE OCURRENCE OF MUSCLES CRAMP IN THE AUTOMOTIVE DIVISION MEN'S

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ABSTRACT

The term labour correspond work, so Labour Gymnastic is that intended of worker and have with aim auxiliary and soften disturbance arising from work. The objective of this experiment was availabel the ocurrence of muscles cãibras in workers that working day's characteristic is the hard work. For this, a group of 212 workers of Automotive Division that a sugar cane mill participeted of a Labour Gymnastic Program that consisted in fysical exercises that during 3'35" (thre minuts and thirty five secunds) in the first fase and 5'30" (five minutes and thirty secunds) in the secund fase, made up of heating and stretchs destinded of muscles grups and articulations most aplyed during the efforts losenets in the productive process of this workers. The program consit in 3 (three) fases: introduction fase, adaptation fase and maintenanse fase, with during 2 (two) weeks, 8 (eight) weeks and more than 8 (eight) weeks, respected. Post 6 (six) weeks of the program begining (adaptation fase) was apliqueded a fysical avaliabel and best life quality questionnaire for the group integrates. Looked that had a 10% reducess of the muscles cãibras ocurrence in this workers. And the introduction of this program had positives results in the life quality, in the social goup integrateand and in the interesting of others divisions that the undertaking in introducing the program.

KEY-WORDS: Labour Gymnastic, Automotive Division and Sugar Cane Mill.