Introduction of the RCT and/or Beginning and Ex-post Evaluation, which have been complied with

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We introduce our previous study of the difference between the Motivative Exercise Versus the Passive ROM Exercise, the Takizawa method versus the current rehabilitation medical treatment and/or the change of contractures.

We implemented the RCT study of the Takizawa method versus the current rehabilitation medical treatment as follows;

1) Mitsuyo MAKITA, Hiroto NAKADAIRA, Masaharu YAMAMOTO, Randomized Controlled Trial to Evaluate Effectiveness of Exercise Therapy (Takizawa Program) for Frail Elderly, Environmental Health and Preventive Medicine. 2006 Sep;11(5):221-7. https://www.jstage.jst.go.jp/article/ehpm/11/5/11_5_221/_article/-char/en

We implemented the Conduct of Beginning and Ex-post Evaluation data comparison for the facility which introduces the Takizawa method into the daily rehabilitation medical treatment;


We implemented the RCT study of the Cerebral Function of Motivative Exercise to Passive Exercise;


8) Yoshiko Morita, Tomoji Ishimaru, Masahiro Hirayama, Shigeo Takizawa, Toshiyuki Tanaka, Yoshiyasu Takefuji, Hajime Takada, Brain activity measurement at performing motivative exercise vs. passive exercise by Functional Near-Infrared Spectroscopy, BIOPHILIA Proceeding,2015 - 3 Pages 267 https://doi.org/10.14813/ibra.2015.267

9) Shigeo Takizawa, Kentaro Nagaoka, Tsutomu Jimbo, Hideo Kijima, Hajime Takada, Toshiyuki Tanaka, Yoshiko Morita, Takuji Shirasawa, Hiroshi Nagasawa, Yoshiyasu Takefuji, Brain activity measurement at performing motivative exercise vs passive exercise by Functional Near-Infrared Spectroscopy,

Research of the result for introducing the Takizawa method;


Comparative study of the current rehabilitation medical treatment versus the treatment adding a motivative exercise to it;

12) Rika Wada, Toshihiro Tachibana, Yoshiyasu Takefuji, Shigeo Takizawa, Day Care Rehabilitation Enforcement Adopting the Takizawa Method and Yearly Care Degree Changes as an Effect Judging, Biophilia Proc. 2014 - 2, Pages 60-61, https://doi.org/10.14813/ibra.2014.60

Research of the change of contractures: this is the same one of No.3 but the other viewpoint;


Reference of the nursing care insurance in Japan

14) Shigeo Takizawa, Rika Wada, Toshihiro Tachibana, Junichi Ozawa, Toshiyuki Tanaka, Implementation of Knee Motivative Exercise Corresponding to Category of the Japanese Care Insurance, BIOPHILIA (2017-1) Pages 1-6, https://doi.org/10.14813/ibra.2017.1