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Aims: The aim of this article is to explore the role of physical activity within rehabilitation and to give examples of APA practice in various forms of rehabilitation.

Methods:

This survey was a part of the EUSAPA project preliminary inventory and needs analysis. A purposive sampling was carried out spring 2009 in Western-Finland, in Satakunta region (Fig.1). The survey was sent to 47 institutions. Institutions included formal rehabilitation settings: rehabilitation centres and re74 habilitation wards in local hospitals, as well as settings that are more informal. Informal settings covered institutions aiming at total rehabilitation of the clients. More informal settings included service-homes and departments for the elderly (for example war veterans), and for clients with particular needs (intellectual disability, psychiatric disorders, alcohol abuse etc.).

Thirty-four institutions filled in the EUSAPA rehabilitation questionnaire. The response rate was 72.3 %. Based on the results of SPSS-analysis, four interesting cases were selected for further interviews with APA experts or other professionals. The characteristics of these four intitutions are described more detailed in Table 1.

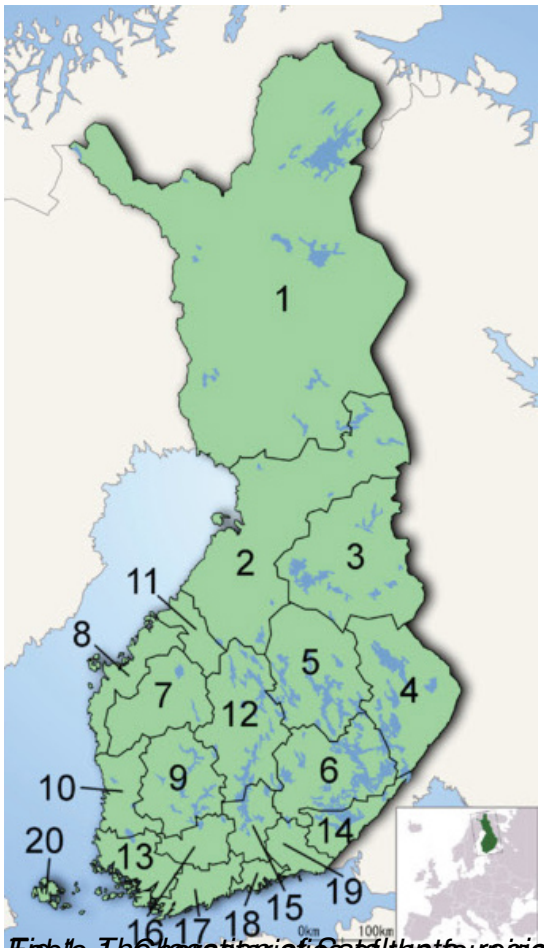

Table 1. The location of Satakunta region in the 10 in Finland data

Rehabilitation setting:	Clients:	Particular environmental issues:
Kankaanpää rehabilitation center (formal rehab setting) – staff in all 190, 21 physiotherapists, 2 sports instructors, 1 recreation instructor	Neurological, musculoskeletal, geriatric, occupational training –218 clients (inpatient)	Nature trails, shelters, tennis courts, bowling center, fishing, rowing (Photos 1–3)
Harjavalta Hospital (formal rehab setting), Separate physiotherapy ward and sports ward (1 sports instructor/1 assistant nurse)	Psychiatric unit (inpatient and outpatient)	Gym, tennis, volleyball, beach volley, minigolf, soccer, canoes, kickbikes, bicyckles, skates, skis Nordic walking sticks etc.
Antinkartano rehabilitation center (formal rehab setting) Separate physiotherapy ward and sports ward (APA instructor – Deuapa)	Persons with severe intellectual disability ~100 clients (inpatient)	Sports hall, swimming pool, natur
Monituote rehabilitative work center (informal rehab setting) No APA-specialists	Youth and adults with intellectual disability (outpatient)	No physical activity facilities

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