

Physical Therapy and Exercise

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MEDICINE *of* THE HIGHEST ORDER



Physical Therapy and Exercise Goals

- Promote optimal health and wellness
- Prevent or delay secondary complications
- Maximize functional abilities
- Improve/increase participation
- Improve/maintain QOL

Health and Wellness

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

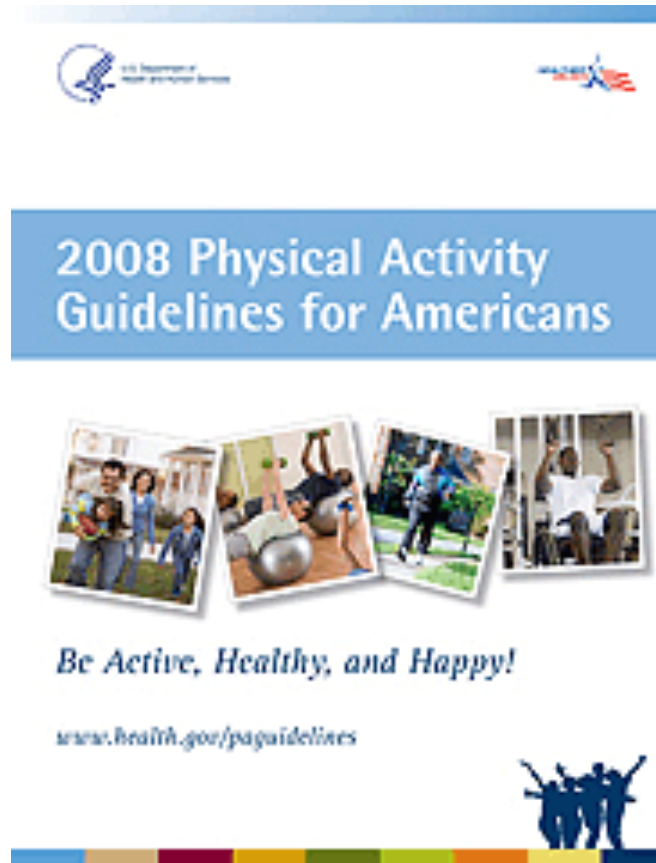
Wellness is an active process through which people become aware of and make choices toward a more successful existence. ~ National Wellness Institute

Benefits of Physical Activity and Exercise

- Helps control weight
- Reduces risk of cardiovascular disease
- Reduces risk for type 2 diabetes and metabolic syndrome
- Reduces risk for some type of cancers
- Strengthens your bones and muscles
- Improves mental health and mood
- Improves ability to perform daily activities and prevent falls in older adults
- Increases chances of living longer

<http://www.cdc.gov>

2008 Physical Activity Guidelines



<http://www.health.gov/paguidelines/guidelines/>

Physical Activity Recommendations

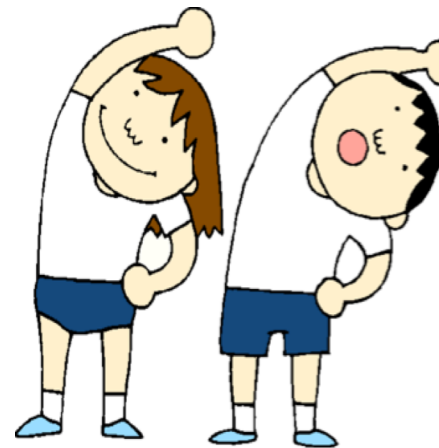
- Aerobic training at moderate intensity for 2 hours and 30 minutes (5 days of 30 minutes)
 - Minimal of 10 minutes at a time
- Muscle strengthening involving all major muscle groups on 2 or more days per week.
- Moderate intensity aerobic training- raises HR and RR, but able to talk, not able to sing
- Moderate intensity resistance training: able to perform 12-15 repetitions

Physical Activity Recommendations for Adults with Disabilities

- Follow the adult guidelines. If this is not possible, these persons should be as physically active as their abilities allow. They should avoid inactivity.

Physical Activity and Exercise

- “Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities. Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness.” (Caspersen, 1985)



Evidence for Exercise in NMD

- Voet NBM, van der Kooi EL, Riphagen II, Lindeman E, van Engelen BGM, Geurts ACH. Strength training and aerobic exercise training for muscle disease. Cochrane Database of Systematic Reviews. 2010:003907
- Cup EH, et al. Exercise therapy and other types of physical therapy for patients with neuromuscular diseases: a systematic review. Arch of Phys Med and Rehab 2007;88(11): 1452-1464.
- Voet, NBM et al. Both aerobic exercise and cognitive behavioral therapy reduce chronic fatigue in FSHD. Neurology. 2014; 83:1914-1922.

Role of Physical Activity/Exercise

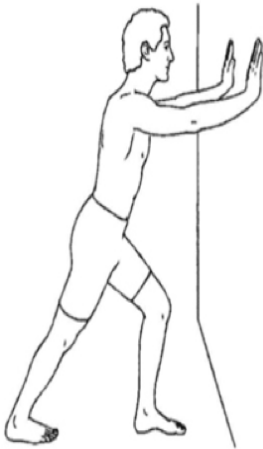
Maintain joint integrity and prevent contractures

Maintain or improve strength

Maintain cardio-pulmonary status

Types of Exercise

- Stretching (range of motion)
- Strengthening (resistance training)
- Aerobic (cardiovascular training)



Range of Motion

- Active, Active/Assisted, Passive
- Gravity minimized
- Addresses muscle imbalances
- May decrease pain

Strengthening (resistive exercises)

- Body weight
 - Free weights
 - Machines
 - Resistive bands
 - Soup cans
 - Aquatic exercise
-
- Moderate intensity- able to complete 12-15 repetitions

Aerobic Training

- Cycling
 - Walking
 - Aquatic exercise
 - Dancing
 - Gardening/yardwork
-
- Moderate intensity: Activity that raises heart rate and respiratory rate, but you are still able to talk.

Minimize Sedentary Lifestyle

- Evidence is mounting regarding the detrimental effects of sitting/being sedentary
- Be as physically active as you are able
- Set a timer to get up and move around



Overcoming Barriers to Physical Activity

Motivation	<ul style="list-style-type: none">✓ Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.✓ Invite a friend to exercise with you on a regular basis and write it on both your calendars.✓ Join an exercise group or class
Fatigue/Lack of Energy	<ul style="list-style-type: none">✓ Schedule physical activity for times in the day or week when you feel energetic.✓ Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it

Promoting Physical Activity: A Guide for Community Action (USDHHS, 1999)

Physical Therapy Intervention

- Individualized care
- Establish patient centered goals following evaluation
- Type, frequency, intensity, duration
- Exercise Recommendations
- Bracing/Orthotics
- Assistive devices



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