Physical Therapy and Exercise

Katy Eichinger, PT, PhD, NCS
FSHD Connect Conference 2018
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


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

<table>
<thead>
<tr>
<th>Motivation</th>
<th>✓ 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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue/Lack of Energy</td>
<td>✓ 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</td>
</tr>
</tbody>
</table>
Physical Therapy Intervention

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

Draft Recommendation: Children With Obesity Require at Least 26 Hours of 'Intensive Behavioral Interventions' November 4, 2016

From PTJ: Selecting the Right SCI Outcome Measure Sometimes a Matter of Clinical Judgment November 3, 2016

Final Fee Schedule Maintains Tiered CPT Coding System, No Tiers in Payment – With a Few Twists

Upcoming Events

Fifth Annual Johns Hopkins Critical Care Rehabilitation Conference November 3-5, 2016 - Baltimore, MD

Insider Intel: Live Webinar Series on Payment & Regulatory Issues November 9, 2016 - Live Webinar (2:00 pm-2:30 pm, ET)

Facilitating Access Improving Care—PTs as Integral ACO Members Learning Lab
Find A PT

Provide location in which services will be provided.
*If not searching by ZIP Code, both city and state are required.

ZIP Code

OR

City*

State*

Find providers within a distance of:
○ 1 mi ○ 5 mi ○ 10 mi ○ 25 mi ○ 50 mi ○ 100 mi

Find a Physical Therapist

About Find a PT

Find a PT allows you to search a national database of physical therapist members of the American Physical Therapy Association (APTA) for the exclusive purpose of seeking physical therapist services. APTA does not make any warranties regarding the information included in Find a PT.

APTA members can sign up for Find a PT through their member profiles.

Using Find A PT

APTA values the privacy of its members. Accordingly, information in Find a PT cannot be used for: commercial purposes, downloading, obtaining or collating data and surveys, recruitment, solicitations, marketing, promotions, compiling lists, or reproducing or redistributing information. Please note that at APTA's sole discretion APTA shall block your access to Find a PT for any use that is prohibited.
Find A PT

Search Results for Zip Code 14642 Area

26 records found. Try filtering your results to narrow your search.

Indicates specialty certification for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice. Visit ABPTS to learn more.

<table>
<thead>
<tr>
<th>Provider</th>
<th>Location</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Katy J. Eichinger, PT, DPT, NCS</strong></td>
<td>Rochester, NY</td>
<td>0 mi.</td>
</tr>
<tr>
<td>University of Rochester Medical Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Practice Focus:</strong> Balance, Neurological Diseases and Conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>John Michael Zastawny, DPT</strong></td>
<td>Rochester, NY</td>
<td>1 mi.</td>
</tr>
<tr>
<td>Integrated Physical Therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>884 E. Ridge Rd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annual checkups provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Practice Focus:</strong> Back and Neck Pain, Balance, Fitness and Conditioning, Orthopaedic Injuries and Conditions, Sports Performance and Enhancement</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>