

A C T I O N
P H Y S I O T H E R A P Y

Move well

Feel good

Enjoy life

Who Am I?

- Alan Mugglestone
- **ADD MORE INFO.**

About our clinic:

- Certified McKenzie Clinic.
- Have been a clinic in the Hutt since 1994.
- Also have a Whitby clinic with a pilates studio.

Where are we based?

Whitby Clinic

69E Discovery Drive, Whitby
Phone 234 1114

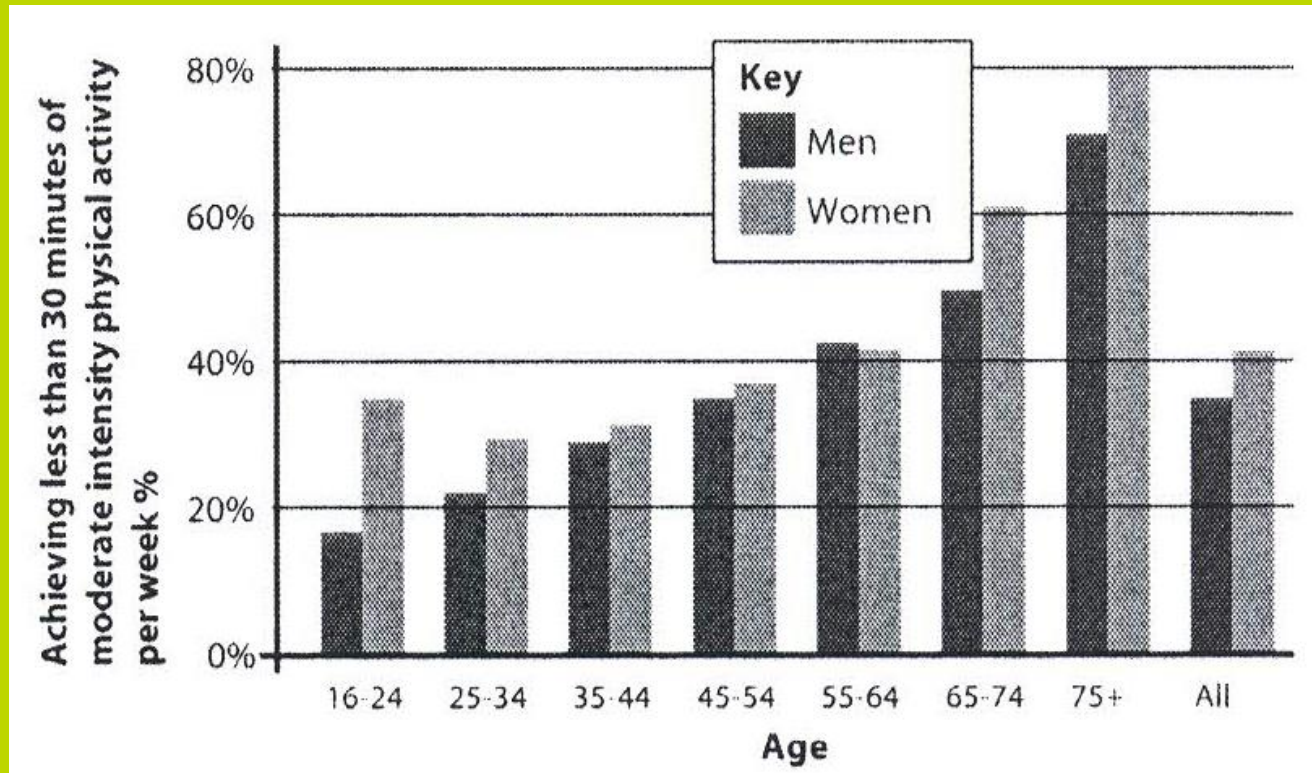
High Street Health Hub

577 High St, Lower Hutt
Phone 9200807

What am I here to talk about?

- Importance of exercise.
- Complications of inactivity.
- How physiotherapy can benefit you!

Stats:



Complications of inactivity:

- Musculoskeletal injuries
- Blood Clots – usually in the legs
- Swelling of feet and lower legs
- Pressure sores
- Contractures of joints leading to deformity
- Constipation
- Falls
- Depression

Muscular Changes:

Muscle Strength & Power	↓ >40years Lower limb ↓ > Upper Limb
Muscle Endurance	Declines
Motor Performance	Speed of simple and repetitive movement slows.
Flexibility and joint range of movement	Declines

Why Exercise?

- **World Health Organisation (WHO)**

“Regular physical activity helps to preserve independent living” and “postpone the age associated declines in balance and co-ordination that are major risk factors for falls”.

Benefits of Exercise:

- Both aerobic and resistance training have been shown to benefit cardiovascular health.
- Exercise programs have been shown to prevent falls.
- In older adults with mild cognitive impairment or dementia, aerobic and resistance training have been associated with improvement in cognitive function.

Why is physiotherapy important?

- Prevent risk of injury
- Prevent falls.
- Improve balance.
- Reduce fear of falling.
- Promote active and healthy lifestyles.
- Maintain/improve cognitive function.
- Reduce social exclusion – improve mental state.

Types of Exercise Intervention:

- Group/class based.
- Hydrotherapy.
- Pilates
- Home exercise.
 - Chair based
 - Standing based
 - Bed based

Recommendations for Exercise interventions to reduce the risk of falls and injuries:

- Exercise works best within a multi-factorial intervention program.
 - Exercise should have components of balance, low impact aerobic and strength.
- To be effective the exercise must be specific, regular (2-3 p/w).

Exercise Guidelines:

- Older adults aged 65 or older, who are generally fit and have no health conditions that limit their mobility, should try to be active daily and should do:
 - At least 150 minutes of moderate aerobic activity such as cycling or walking every week,
- and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

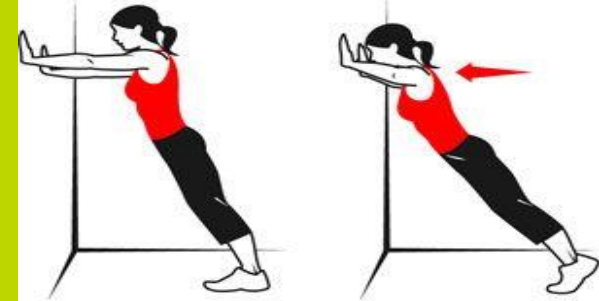
Strength Training is important!

- You don't need expensive equipment!
- "Start small. Some is better than none, more is better than some,"
- Balance

Glute Bridge



Wall Pressup



Chair Squat



Deadbugs



Single leg Stand



Side lying hip circles



WEB EXERCISE VIDEO

- 15-minute sample exercise for older adults from.. U-TUBE

Arthritis Myths

1. Arthritis is an old person's disease
2. Arthritis is a normal part of aging
3. My parents had it so I am bound to get it
4. The amount of damage on an X-Ray directly relates to pain and disability
5. Running causes arthritis
6. Only a medical specialist can help treat arthritis

Physiotherapy can help manage the pain and inflammation of arthritis and provide exercises to minimize joint stiffness and maintain muscle strength limiting the disabling effects of arthritis

Sleep

Important for: weight control, immune system, memory and concentration, repairing injured tissue

- 18-65: 7-8hrs, 65+: 8-9hrs
- Regular pattern (routine sleeping and waking times)
- Relax before bed (Reading, Shower)
- Good sleeping environment (remove TVs, Laptops)

Contraindications / Precautions

- Cardiovascular / Neurological conditions may have more specific guidelines and advice
- Please seek out advice from your local GP / Health Provider

Questions ?