

## 5 Key Principles with Activity

1. Muscle Testing forms the basis of any recommendation
2. Think about activity over “exercise” (are your muscle groups working? Are you puffing?)
3. Consider the amount of muscle contractions over a day (and week)
4. Don’t overload the strong side or parts of the body
5. Activity should include stretching, strengthening and aerobic work

## Intensity

RPE Scale	Description
0-1	<b>No exertion.</b> Inactive
2-3	<b>Light exertion.</b> Used for warm ups, cool downs, and stretching
4-5	<b>Medium exertion.</b> Breathing and heart rate a little faster, feeling warmer
6-7	<b>Moderate exertion.</b> Breathing hard, sweating, harder to talk
8-9	<b>Hard exertion.</b> Breathing very hard, can only say a few words
10	<b>Hardest exertion.</b> Cannot keep up the pace for long, cannot speak. Your limit!

### How do we do aerobic or huff and puff activity?

- Short bursts of activity, followed by a break
- Alternate the types of muscles being used to give them more time to recover
- Use of water

### How do we strengthen a muscle?

- Start at 5 repetitions
- Stop repetitions with changes in posture
- Use bands, water/juice/milk bottles (doesn’t have to be a gym)
- Gravity and body weight can be very effective as resistance
- Posture, or a correct muscle length enables a muscle to work effectively

### How do we lengthen a muscle?

- Gentle stretching 20s (minimum) – 2minutes (maximum)
- If you don’t feel a stretch, check the joint position- is it closed or open?
- If you still don’t feel the stretch, you may not need it (i.e. the muscle is weak or has paralysis)