

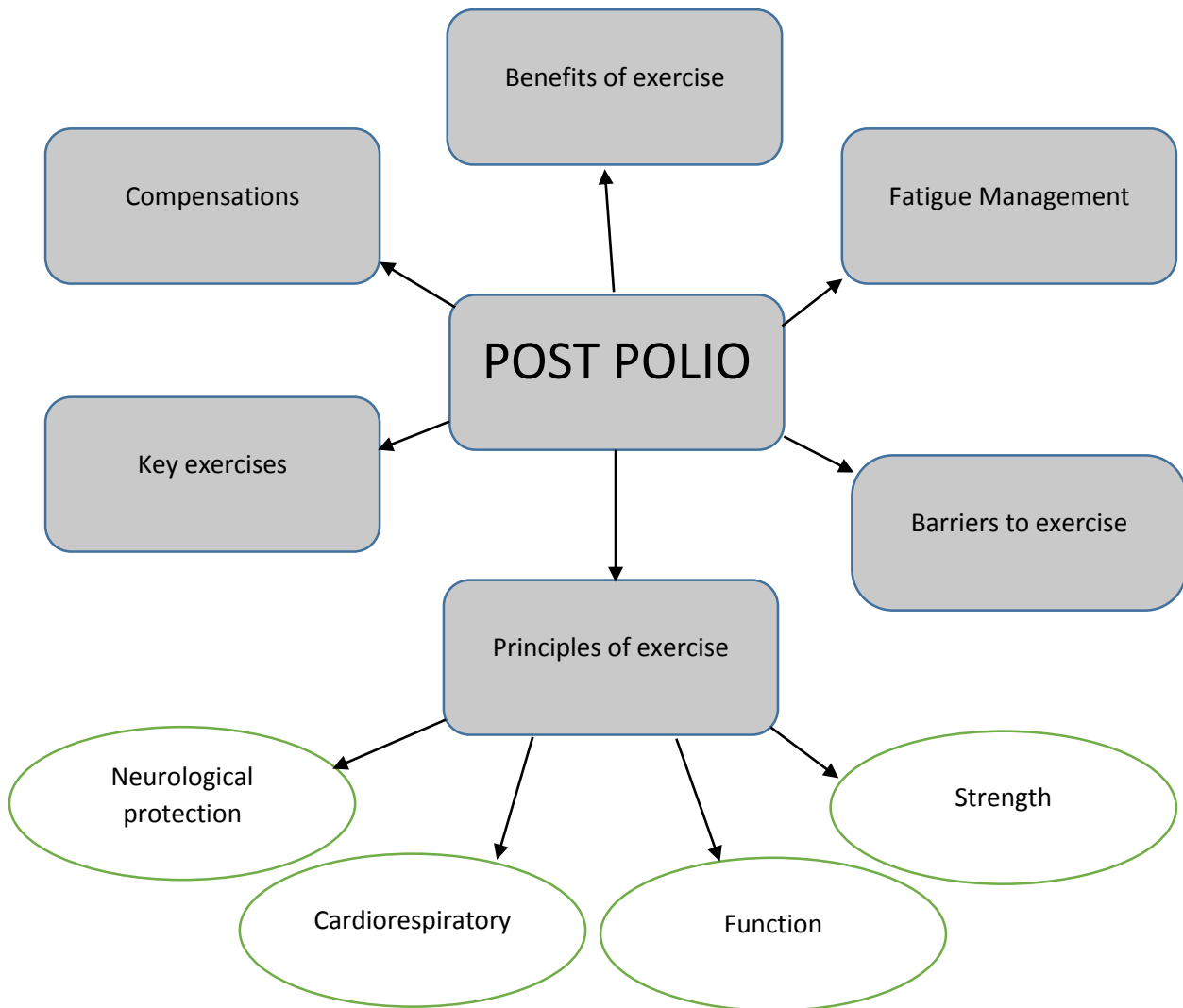
Post Polio Exercise Options

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Benefits of Exercise

- Reduce the risk of secondary conditions – heart disease, diabetes, stroke, peripheral vascular disease
- Reduced risk of falls
- Increased strength, power and endurance
- Improved day to day function
- Increased energy levels
- Reduces risk of osteoporosis
- Improved quality of life
- Improved mood – decreases levels of anxiety and depression
- Improve sleep patterns
- Increased mental alertness and cognition
- Reduces onset of dementia
- Increases metabolic rate = weight management
- Social wellbeing
- Improved coordination and fine motor tasks
- Increased levels of participation
- Delays effects of aging
- Management of blood pressure and blood glucose levels
- Increases efficiency of medication
- Improved sex drive
- Improves pain management

There is a difference between being active and physical exercise

Barriers to Exercise

You need to reduce the barriers to exercise to ensure regular participation of exercise;

- Costs
- Accessibility
- Time
- Do you need assistance
- Enjoyable
- Fatigue
- Motivation
- Cognition
- Myths
- Transport
- Disability
- Injuries
- Other commitments – family and work

- Weather
- Fear
- Pain

Think of the solutions not just the problem

Principles of exercise

If there is no CHALLENGE there will be no CHANGE

Strength

- Moderate and progressive
- Submaximal
- Just short of fatigue
- Start low build up
- 8-12reps, x2-3 sets
- x3 a week

Cardiorespiratory

- Need to get out of breath
- 15sec effort followed by 15sec active recovery x4 (2min total)
- 2mins effort x3 (6min total)
- 30mins at comfortable pace for endurance – with efforts and can be broken down into 5 or 10min blocks
- x3 a week

Neurological Protection

- Must be vigorous exercise at 80% predicted HR max
- Increases brain activity and protection against dementia

Function

- What's important to you – You need to use it or lose it
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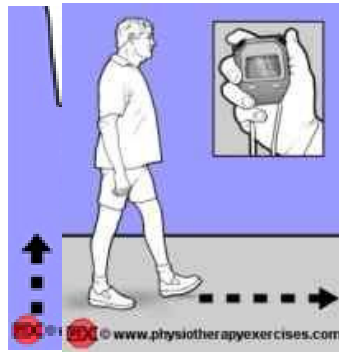
Key Exercises



You are an **INDIVIDUAL** your exercise program needs to reflect this.



Hydrotherapy



• Thermoneutral

water 34 degrees C

- Buoyancy
- Resistance
- Great for;
 - Decreased function
 - Decreased balance
 - Pain management
 - Joint protection

Any form of stress, anxiety or depression will make your symptom presentation worse

Fatigue Management

Top Tips to Managing your Fatigue:

1. Don't avoid exercise – it needs to become a regular activity most days of the week.
2. Resting means pure rest – No mental or physical stimulation, most people make the mistake of thinking they are resting while watching the TV, reading a book or on the computer. Your brain is still processing all that stimulation and not able to switch off. A rest means no visual or auditory stimulation.
3. Perform your exercises either early in the day or split them up throughout the day – for example instead of doing a 45mins continuous exercise you can do 15mins three times throughout the day
4. Work at your own pace when exercising and take regular rests.
5. Start with only one short exercise session with at least one rest day and slowly increase the exercise time and number of active days. Avoid BOOM and BUST – when you go from doing nothing or very little to a hard exercise session, your body will be exhausted as it is not able to cope with the sudden demand.
6. Start with only a low number of repetitions of exercise at a low impact level and slowly increase as they become easier.
7. Alternate which part of the body you exercise – perform one exercise on your upper body and then one on your lower body. This allows one set of muscles to rest while one works.
8. Take regular fluids when exercising to avoid dehydration.
9. Energy conservation – balance your time between rest and activity by planning in advance what tasks are a priority.
10. Pacing – rather than trying to complete a task as quick as you can to get it over with, slow down and take regular breaks – for example vacuuming the house, do one room at a time throughout the week.

11. If fatigue symptoms last for longer than 24 hours post exercise the exercise was too strenuous and needs to be reduced until you have built up stamina.
12. Try to take 20min rests at the same time each day – the human body likes routine, if you can take a short 20min rest at the same time each day your body will be more prepared to work knowing it has a rest coming up.

Compensations

- Pain management – braces and supports
- Orthotics / footwear
- Wheelchairs
- Raised chairs
- Walking aids
- Regular rests
- Home modifications
- Kitchen equipment
- Bathroom equipment
- Adaptive cars
- Clothing alterations
- Communication devices
- Breathing assistance / ventilators
- Surgery

LIFE IS A BALANCING ACT – BUT EXERCISE IS VITAL

