

Senior Exercise Programs: Maintaining and Maximizing Function



Presented By:
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Exercise: The Miracle Cure

- If exercise were a pill, it would be one of the most cost-effective drugs ever **INVENTED!!**

SCIENTIFIC EVIDENCE OF BENEFITS OF EXERCISE

There is strong evidence that older adults, sixty years and older, who are physically active have lower rates medical issues, healthier body mass and enhanced bone health, higher level of functional health and better cognitive function

Consequences of physical inactivity in older adults: A systematic review of reviews and meta-analyses

Scandinavian Journal of Medicine and Science in Sports. [Conor Cunningham, Roger O' Sullivan, Paolo Caserotti, Mark A. Tully](#). First published: 04 February 2020

www.nhs.uk/live-well/exercise/exercise-health-benefits/

LOWER RISK OF CORNARY HEART DISEASE & STROKE	LOWER RISK OF TYPE 2 DIABETES	LOWER RISK OF EARLY DEATH	LOWER RISK OF OSTEOARTHRITIS
LOWER RISK OF FALLS (AMONG OLDER ADULTS)	LOWER RISK OF DEPRESSION	LOWER RISK OF DEMENTIA	LOWER RISK OF HIP FRACTURE

Effects of Immobility in the Elderly

If you don't move
it, you lose it!

Muscle atrophy and
Deconditioning

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graph TD; A[Muscle atrophy and Deconditioning] --> B[Increase pain]; B --> C[Decrease function];
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Increase pain

Decrease function

Head Injury
Fracture
Social Isolation
Muscle atrophy
Decrease Independence
Depression

CONSEQUENCES OF A
FALL





EXERCISE AND MOVEMENT PRESCRIPTION

How to keep your resident healthy, happy and active

Exercise and Movement Recommendations



Older adults should do 150 minutes of moderate intensity aerobic activity though out the week (example 30minutes a day 5x/week)

AND

Muscle strengthening activities 2 or more days a week.

The physical therapist will help guide you in a specific program for individual residents having PT

IDEAS



Set goals:

Find out what motivates the resident

Meaningful walking:

Walk to shower or bathroom

Walk from bedroom to dining room for every meal.

Walk from car to doctors appointment

Carehomes:

Take residents out to get mail, go to Longs, outings

Koholo: group walking program

Cues for Safe and Effective Walking

Look Up!

Take big steps

Open up your feet

Keep your walker in front of you

- Make sure the walker does not get too far ahead of the resident
- Correct walker height: Rule of thumb, when standing within the walker frame, resident should only have about 10 degrees of elbow flexion

Senior Drumming Program





Strength Exercises

Strength Specifics

Strength Exercises Can Include:

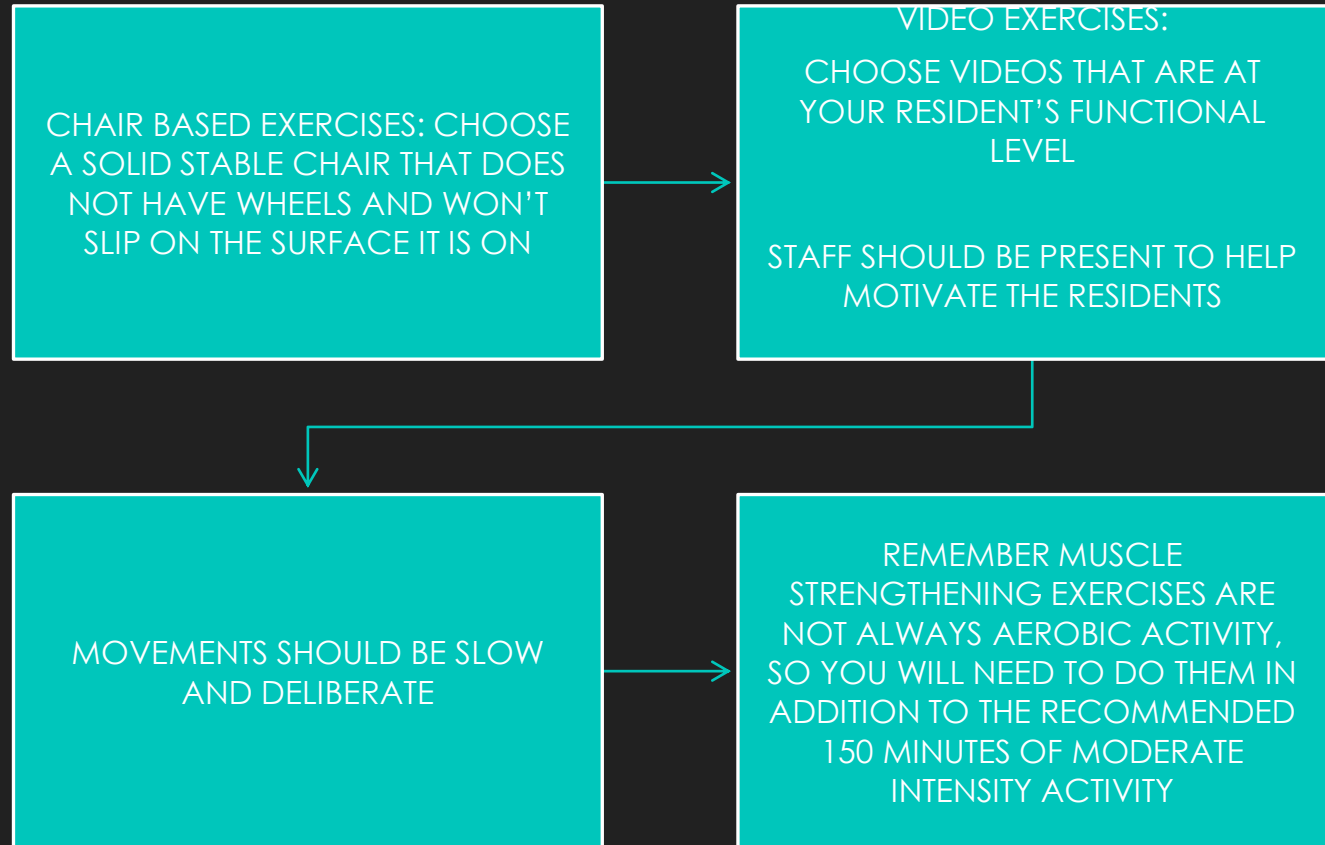
Chair Yoga

Seated Tai Chi

Lifting weights

Working with resistive bands

Doing exercises that use your body wt



LET'S GET MOVING

Sit to Stand

Mini Squats

Calf Raises

Sideway leg lifts

Wall press ups

Bicep Curls

BALANCE

- Balance exercises are an important component of fall prevention.
- Balance exercises should be a part of resident's exercise routine



Balance Activities

Safety Tip:

Have the residents use a FWW or solid chair when standing up to perform these exercises



Side step together



Simple grapevine



Heel Toe Walk



1 legged stance



Step up or Step to

FLEXIBILITY

- Stretching is very important for mobility, pain management and reducing joint and muscle stiffness
- Flexibility promotes upright posture and increases mobility of the trunk, legs and arms to assist with walking and activities of daily living



Stretching Program

Hold your stretches at least 15
to 30 seconds

Neck stretches

Trunk stretches

Hip flexibility

Chest stretches

Arm stretches

ADDITIONAL RECOMMENDATIONS



Aerobic activity should be performed in bouts of at least 10 minutes



Modify standing exercises if a resident is unsafe standing on their own



Best to be PROACTIVE not REACTIVE

Thank you for your
participation

