

CHAPTER

THE PROBLEM OF EXERCISE

When, Where, How, Why?

Exercise and osteoporotic fracture prevention

Reprint Collection

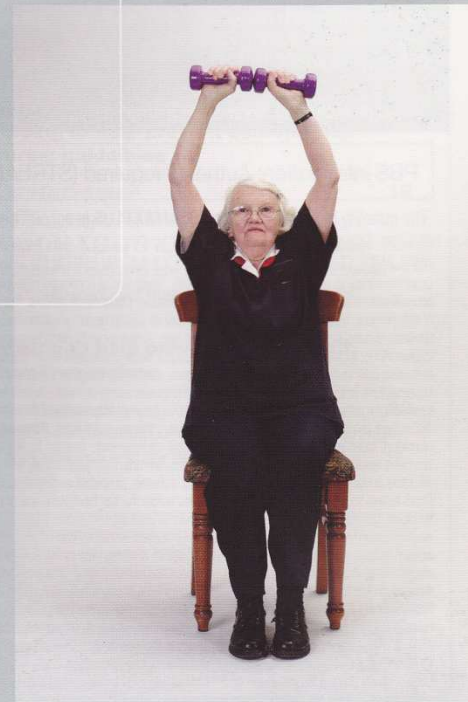
Part 1: the role of exercise

Part 2: prescribing exercise

Patient handouts

Exercising to help osteoporotic fractures:
guidelines

Exercising to help osteoporotic fractures:
exercises



Exercise Physiology in Post-Polio

- ▣ Reduced exercise capacity.
- ▣ Low anaerobic threshold (<40%).
- ▣ Low VO₂ Max (<80% predicted).
- ▣ Reported 20% improvement with conditioning.
 - Jones et al JAMA 1989;261:3255-8
- ▣ Excessive ventilation at peak work.

Rehabilitation in Post-Polio

- ▣ GOALS:
 - 1. Restorative
 - 2. Preventative
 - 3. Maintenance

- Individual specific with intermittent review

Specific exercise strategies

- ▣ Diaphragmatic breathing exercises
- ▣ Relaxation exercises for fibromyalgia
- ▣ Soft tissue mobilization and stretching
- ▣ Isometric exercise held for 6 seconds and rested for 6 seconds with 6 repetitions.
- ▣ Isotonic exercise with small weights.
- ▣ Aerobic exercise conditioning building up to 15 mins at 50% VO₂ max 3 times/week