CHAPTER
THE PROBLEM OF EXERCISE

When, Where, How, Why?

MedicineToday
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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

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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