

Exercising for Polio Survivors

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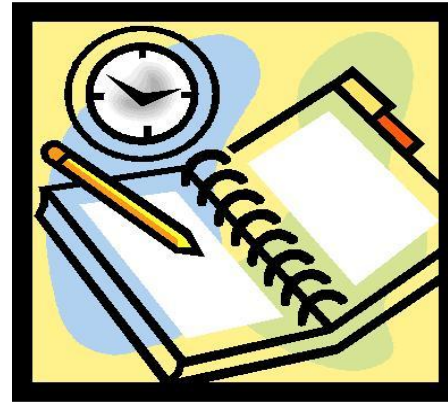
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Conference, Copenhagen

Exercise recommendations

- 20-60 minutes
- 3-5 days per week
- Aerobic
- Strengthening
- Flexibility



AMERICAN COLLEGE
of SPORTS MEDICINE



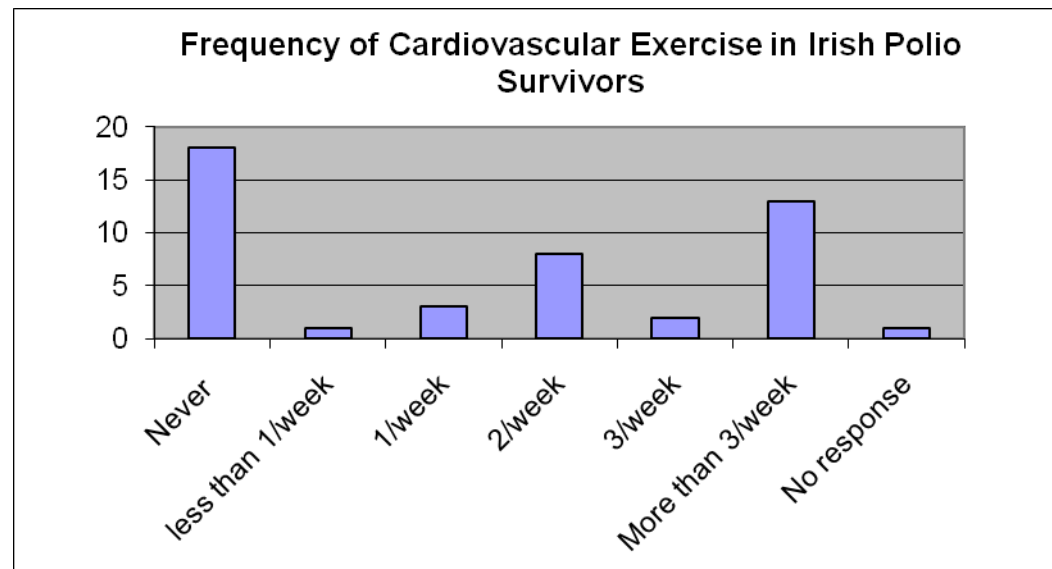
Exercising 30 minutes a day can help you lose weight, which can lower blood pressure

ADAM.

Do Polio Survivors meet these recommendations?



- Most Polio survivors do not meet these recommendations
- Poor health perception
- Low activity levels
- Poor fitness levels

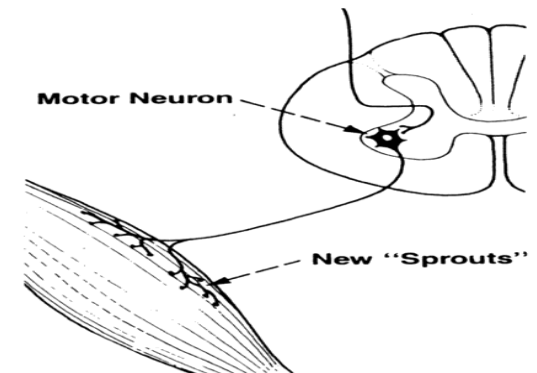


Barriers for Polio Survivors

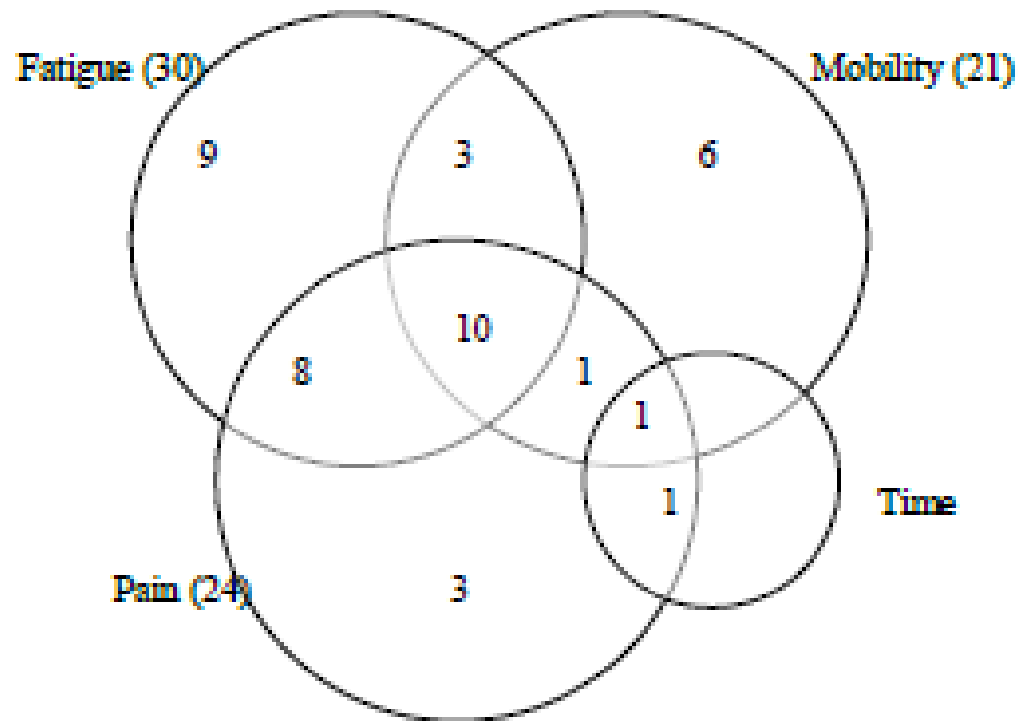
- Exercising can seem like an uphill battle for many Polio survivors



- Barriers: Mobility, Pain, Fatigue, Fear of exacerbating muscle weakness



Barriers to Exercise

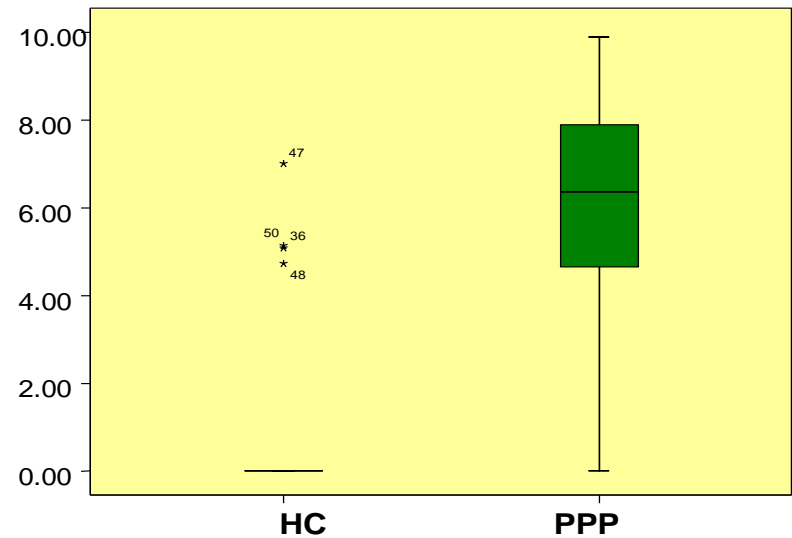




Fatigue



- Important to manage fatigue before introducing new activity
- Pacing
- Prioritising
- Planning
- Rests
- Graded exercise



What is Exercise?

- Aerobic
- Flexibility
- Strengthening

Aerobic



- Raise heart rate (40-70% of HRR)
- Maintain the increase (20-30 minutes)
- Swimming, Cycling, Walking, Running
- Challenge cardiovascular system

BORG Rate of Perceived Exertion

Exertion	RPE
no exertion at all	6
extremely light	7
	8
very light	9
	10
Light	11
	12
somewhat hard	13
	14
hard (heavy)	15
	16
very hard	17
	18
extremely hard	19
maximal exertion	20

Strengthening



- Challenge muscles to work against a bigger load
- Repeat a challenging movement a number of times
- Lifting weights, squats, knee extensions....

Flexibility

- Maintains length of muscles and mobility of joints
- Yoga
- Stretches
- Careful if your body has adapted to tight muscles to allow improved function



Potential solutions

- Fatigue
 - Manage this first
 - Convenient exercise plan
 - Non-fatiguing
 - Slowly graded
- If lower limb / back joint pain
 - Non – weight bearing exercise – ie swimming / cycling
 - Manage pain first – Physio / Meds

Potential solutions

- Limited Mobility
 - Consult with Physiotherapist / Specialised sports therapist about appropriate alternatives
 - ? Swimming / Arm cycling

Screening

Physical Activity Readiness
Questionnaire - PAR-Q
(revised 2002)

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.



Visit a Physiotherapist / Physical Therapist with knowledge of Polio and Post Polio Syndrome for advice and exercise prescription

Research



- There is potential to improve fitness through exercise
- ? Improve fatigue and Quality of Life
- Careful strengthening can produce some increases in muscle strength
- More research is required

Irish Research Study

- Arm cycling to improve fitness in Polio Survivors
- Clinicaltrials.gov
- 19 participants to date
- Good progress but no results for 18-24 months.

In conclusion

- Be as physically active as your physical condition will allow
- Seek individualised expert advice
- Manage Fatigue
- Take it slowly and gradually increase