

Managing Muscles and Mobility

DID YOU KNOW?

Many Post-Polio survivors can experience fatigue, weakness, pain, imbalance, falls & disturbed sleep.

LOOKING FOR A SOLUTION?

Exercise may be able to help! Exercise has many health benefits for polio survivors.

Goals of exercise may include improving and/or maintaining an individual's mobility and function, maximising their independence and providing relief from pain.

Consideration must be given to stabilising weak limbs, supplementing strength, protecting joints, normalising movement patterns, reducing unnecessary load and pain and accommodating ongoing atrophy/weakness.

KEY POINTS FOR EXERCISE

Strengthening exercises should use:

- lower resistances (intensity),
- moderate repetitions,
- frequent rest breaks,
- only be performed every second day.

Aerobic exercises should:

- use shorter, moderate bouts of exercise with rest intervals,
- have adequate recovery time between session days
- prioritise modes of exercise that support weaker limbs (eg hydrotherapy/ aquatics),
- consider environments that minimise potential for heat loss after exercise.

Exercises should be progressed slowly and should not cause excessive fatigue, muscle or joint pain.



Other lifestyle modifications can assist people to minimise the effect of FATIGUE and allow time and energy for EXERCISE in their daily routines. These changes include:

- prioritising tasks
- planning ahead
- pacing your activities (with regular rest breaks)
- positioning yourself and your weaker limbs to provide the necessary support (possibly using orthoses) and
- delegating to others where possible.

Exercise for polio survivors should be prescribed and monitored by a health professional. Therapists informed on the LEOp can use their expertise to guide your exercise journey.

Clients at The Physio Clinic receive comprehensive assessments, education and advice on the potential role of neurological physiotherapy in their management. We have access to full onsite- gym facilities with supervised exercise classes and the option of accessing community hydrotherapy pools in order to create a high-quality, individualised treatment plan for each client.