

Moving Through the Changes

Practical ways to stay mobile while staying safe at home

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I have no disclosures.

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Objective:

Educate the listener on practical ways to stay active and mobile in this current environment and share this information with others



MOBILITY - how and why it is important to stay active

Mobility = movement, activity, motion

Physical activity - adding movement into your life

Exercise - more structured and repetitive



WHY is it important to stay active?

Can lower risk of developing a variety of health issues like:

- heart disease
- dementia
- Type 2 diabetes
- obesity
- arthritis
- stroke
- reduce risk of falls



Can also assist in improving mental health by

- improving mood (less depression)
- increasing self-esteem / sense of achievement
- relieving stress
- giving more energy
- helping relax



Increased mobility improves quality of life

Better able to do daily tasks like

- get up from a chair
- climb stairs and walk inclines/declines
- stand to work in the kitchen
- get in/out of a car
- get in/out of bed
- walk to shop in the grocery store



Newton's first law of motion:

(sometimes referred to as the law of inertia)

“An object at rest tends to stay at _____ and an object in motion tends to stay in _____ with the same speed and in the same direction, UNLESS acted on by an unbalanced force.”

Unbalanced force = YOU!



HOW to get up and move!

1. Physician clearance
2. Get a PT referral - if appropriate - to treat deficits that are slowing them down
 - Address gait, balance, pain, and movement limitations
 - Fall prevention
 - Fear



Just do it - MOVE!

Before COVID -19, many organized classes were readily available and safe for individuals of all ages to participate in...

- YMCA - Silver Sneakers, arthritis classes, water aerobics, yoga classes, Pilates, Tai Chi etc...
- Local fitness centers - Lifetime Fitness, Jewish Community Center, Planet Fitness, etc...
- Interval Training - Orangetheory, Eat the Frog, 9Round, Shred415, etc...
- Facilities may vary based on location



Options for home

Can search online with keywords for those that can navigate technology

Chair exercises - for those with balance issues or that live alone
Standing exercises using kitchen counter for balance assistance
Bed exercises even available online!



For those not “tech savvy”

- Simply get up and move 1-3 min every 30 min OR 5 minutes every hour during the day - sit to stand from chair while watching the news, pump ankles & seated marches while sitting in recliner, sidekicks, back kicks and marching in place while washing the dishes, fixing a meal, or talking on the phone, etc
- Walk through the house, up/down the stairs, around the block when weather cooperates (preferably NOT when icy outside)



Simple things we can ALL do now to increase more daily activity

- Park in the back of the lot versus close to the door
- Take the stairs versus the elevator
- Carry your own grocery bags to the car
- Go on daily walks with a family member or neighbor you enjoy conversing with - build healthy relationships along with a healthy heart and lungs
- Do 5 minutes of active movement during your lunch break - air squats, calf raises, arm raises, sit to stand



Questions??

THANK YOU!



Bibliography

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