



Deconditioning

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Advert Break & Cuppa Exercise Suggestions

Designed For Service Users, Families and Staff



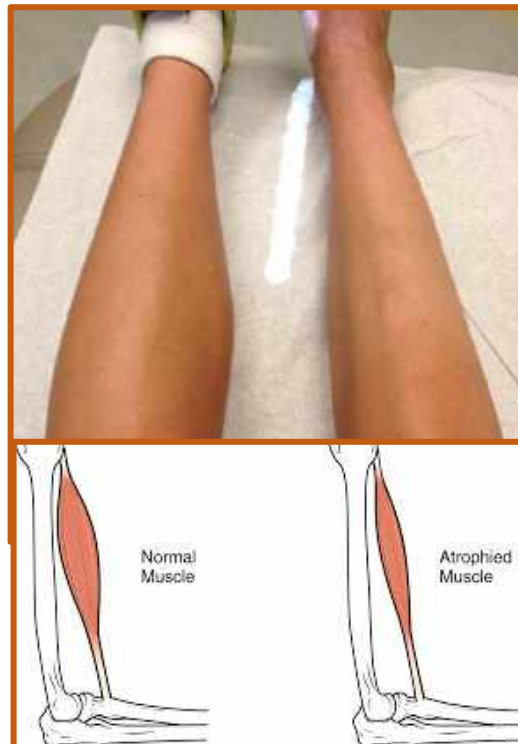
St Michael's House
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What is Deconditioning?

Deconditioning is described as a complex process of physiological changes that affects multiple body systems and often results in **functional decline** following a **period of inactivity**.



Suggestions to Prevent Deconditioning

Please remember that these suggestions are generic. If you have a specific programme from your physiotherapist these are the most important for you to do.

Try to sprinkle exercise throughout your day

- 1. Walk** (4-5 times a week) This can be a short or a long walk. Each time you walk maybe try to either increase the distance or increase your pace, even slightly.
- 2. Zoom class.** This may be through the Activity Hub, e.g. bowling, dancing, Zumba, relaxation.
- 3. YouTube videos available through Activity Hub** e.g. Make movement your mission, Niamh's 3 minute videos. These are general exercise classes varying between standing up and sitting down. The links to these videos are included in this resource.
- 4. Ad Break challenges.** These are done during the ad break in your TV programmes. Ad breaks usually last 3-5 minutes so try a few exercises in that time. Start with one Ad Break challenge a day and then you could increase to doing exercises in 3 Ad Breaks daily.
 - a. Sit to stand to sit increasing in number but start with 5
 - b. Marching on the spot in either sitting or standing
 - c. Punching your arms forward in sitting or standing
 - d. Lifting your arms above your head and down again in sitting or standing
 - e. Raising heels up and down in sitting or standing
 - f. Kicking lower legs forward one at a time and hold them out there in sitting
 - g. Squats , starting in standing, while holding onto the back of a chair
 - h. In sitting, put hands on arms of chair, lift bottom up off chair and try hold for a few seconds
- 5. Cuppa Challenges** - done while the kettle is boiling.
 - a. Squats while holding onto counter top
 - b. Heel raises while holding onto counter top
 - c. Try balance on one foot while lifting hands slightly off counter to challenge balance even for a second or 2
 - d. Step sideways along counter top and back
- 6. Dancing** – put on a song (usually about 3 minutes) and dance. Throw a few shapes. Laugh.

Suggestions to Prevent Deconditioning

We should always be challenging ourselves. If you or SU finds an exercise easy to do, could you add a weight e.g. hold a tin of beans in each hand when punching with arms. Do the exercise for slightly longer e.g. 10 sit to stands instead of 5, or walk a further distance. Don't try to do the exercise too fast, slower is usually harder.

It is very important that we do exercise safely so **never take risks** **STOP** doing an exercise if it makes you feel dizzy or your balance is affected.

It is also important that we do something daily and sometimes marking this on a chart or in our diary helps to encourage us to keep going.

Suggestions for the Ad Break and Cuppa Challenge are shown in the photographs below.



6 Ad Break Suggestions



1

1. Sit to Stands



6 Ad Break Suggestions



2. Marching on the Spot



6 Ad Break Suggestions



3. Punches



6 Ad Break Suggestions



4. Kicking Legs



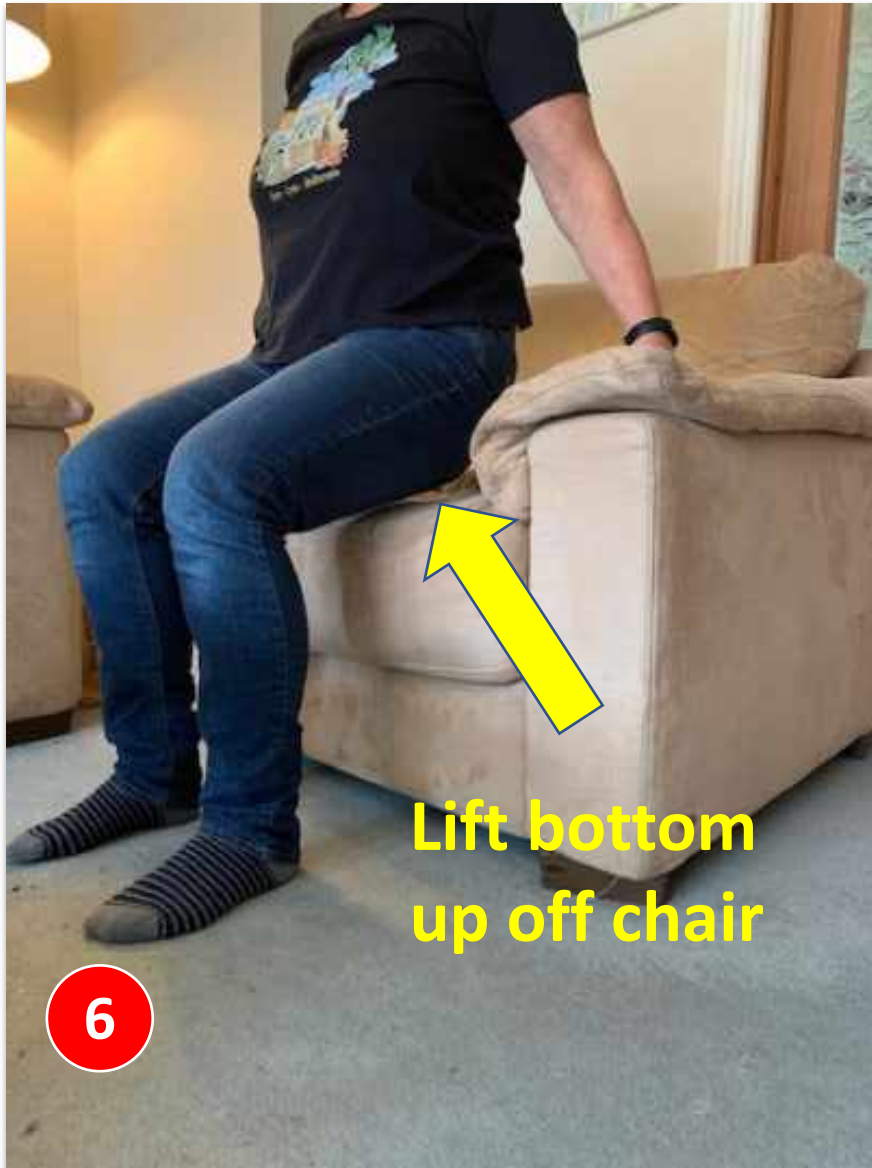
6 Ad Break Suggestions



5. Arm Raises



6 Ad Break Suggestions



6. Bottom Lifts



4 Cuppa Suggestions



1. Heel Raises



4 Cuppa Suggestions



2. Squats



4 Cuppa Suggestions



3. Stand On 1 Foot



4 Cuppa Suggestions



4. Dance



Other Exercise Ideas - Niamh Quinn 3 Minute Movement Videos



Niamh is one of the physiotherapists in St Michael's House and she has created 5 x 3 minute movement videos to encourage us all to move, get the blood flowing and feel better! You can access them from the links below.

Niamh Quinn – Senior Physiotherapist

Niamh Quinn 3 Minute Movement Video 1

<https://www.youtube.com/watch?v=rylgQFdiDRg>



Niamh Quinn 3 Minute Movement Video 2

<https://www.youtube.com/watch?v=kP1ad99Pzk>



Niamh Quinn 3 Minute Movement Video 3

<https://www.youtube.com/watch?v=FsATHNjWkn8>



Niamh Quinn 3 Minute Movement Video 4

<https://www.youtube.com/watch?v=ZZZvhzBH3Pk>



Niamh Quinn 3 Minute Movement Video 5

<https://www.youtube.com/watch?v=bt4sSBF0ogw>

