

Deconditioning

Lisa Boyd

Senior Physiotherapist

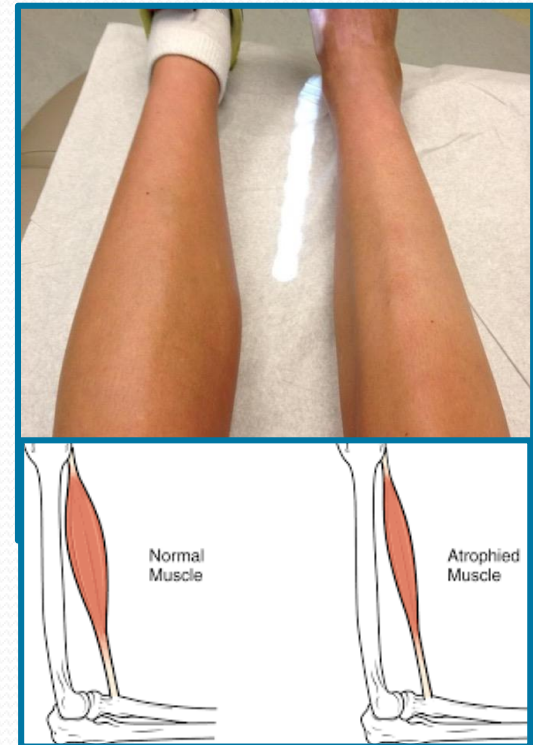
St Michael's House



Infoshare – 5th November 2021

What is Deconditioning?

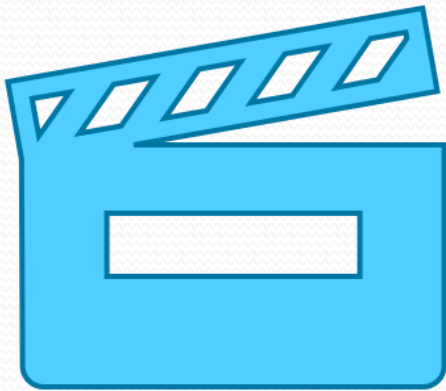
Described as a complex process of physiological changes that affects multiple body systems and often results in **functional decline** following a period of inactivity



Symptoms of Deconditioning

- Muscles lose strength
- Bones weaken
- Dehydration occurs leading to fainting
- General weakness
- Balance issues
- Emotional symptoms like sadness, depression, lack of motivation

Video: 8 Week Program



Introducing Francis and Jenny from Rossmore

<https://youtu.be/hxtfEO9u2tw>



Small Changes
= Big Impact

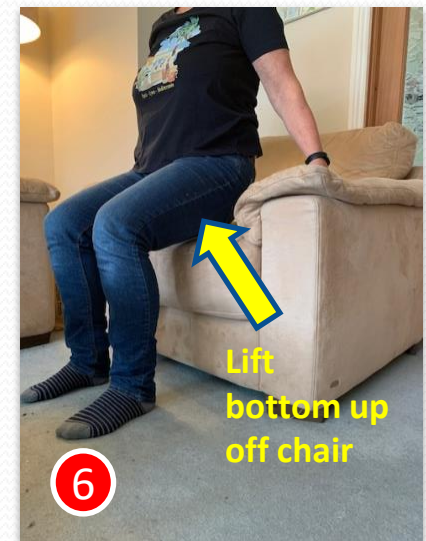
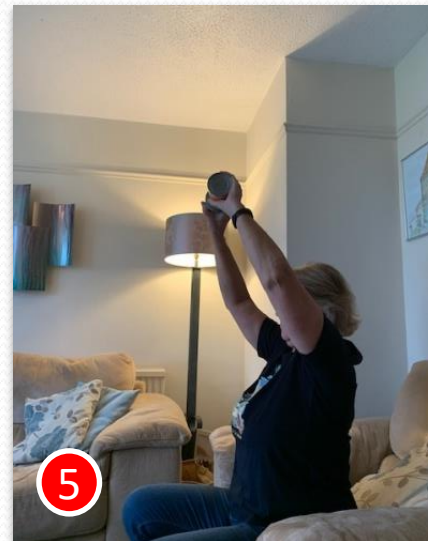
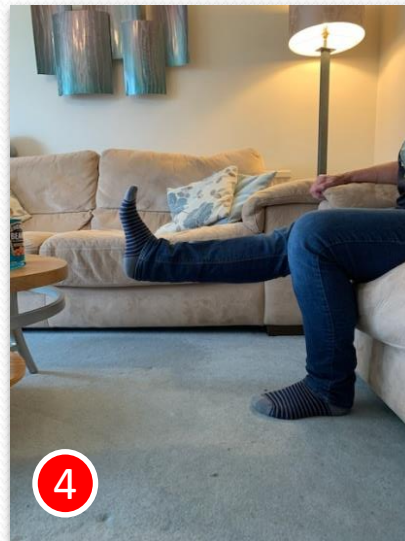
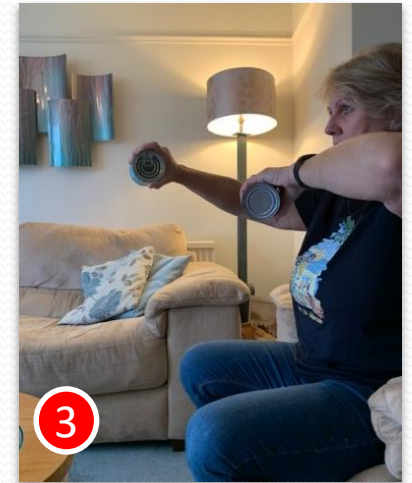
Sprinkle Exercise Throughout Day

Not just walking, balance and strength is also needed

- **Ad Break Challenges**
- **Cuppa Challenges**
- **Dance**
- **Make it part of a routine**

Ad Break Suggestions

1. Sit to stands
2. Marching on Spot
3. Punches
4. Kicking legs
5. Arm raises
6. Bottom lifts



Cuppa Suggestions

1. Heel Raises
2. Stand on One Foot
3. Squats
4. Dance



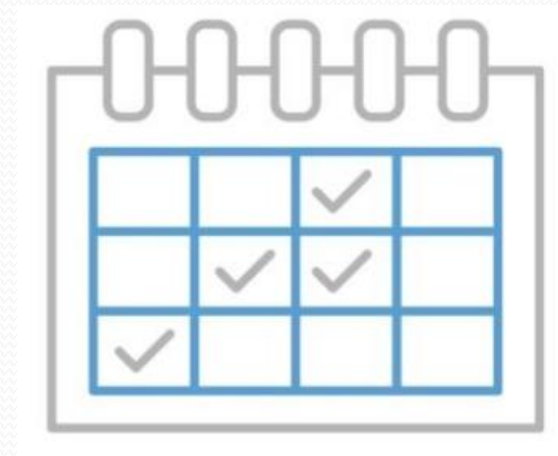
Hands off but near counter for safety



Don't Make It Too Easy

- Add a weight e.g. tin of beans
- Increase number you do in one go e.g. 10 instead of 5
- Increase the number of times you do the exercise within the day e.g. **2-3 ad break challenges daily**

Mark on a calendar daily



Dietary Advice



- Take **protein** at every meal
- **Vitamin D** supplement
- Increase **Calcium** intake

What To Takeaway!

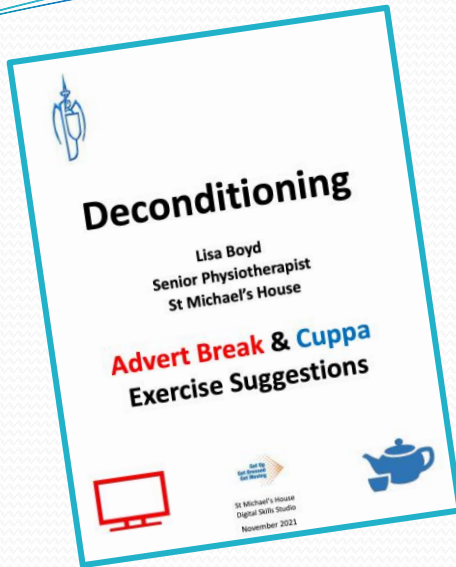
- Booklet coming soon, general suggestions on Activity Hub web pages under the Health & Wellbeing Tab

Bear in mind

- Deconditioning is serious
- Deconditioning is preventable

Small Changes = Big Impact

This presentation is available to download from the Activity Hub web pages
<https://www.smh.ie/services/activity-hub/> under the **Health and Wellbeing Tab**



Download the exercise ideas shown in this presentation from the Activity Hub Web Pages – print & post the individual exercises around your house!

<https://www.smh.ie/services/activity-hub-/>
under the **Health and Wellbeing Tab**

**Every single person in
St Michael's House makes a difference
to someone or something**



The resources supporting this initiative were developed by the Digital Skills Studio in SMH