

# Chronic neurological condition-basic home exercise

- Long-term neurological conditions (LTNCs) can be classified into:
- Sudden onset conditions (eg. acquired brain injury of any cause (including stroke), Spinalcord injury
- Intermittent conditions (eg. epilepsy)
- Progressive conditions (eg. multiple sclerosis (MS), motor neuron disease (MND), Parkinson's disease and other neurodegenerative disorders)
- Stable conditions with/without age-related degeneration (eg. polio or cerebral palsy).

# Home Exercise

- Always warm-up before beginning your exercise routine and cool down at the end.
- If you plan to work out for 30 minutes, start with 10-minute sessions and work your way up.
- Exercise your facial muscles, jaw, and voice when possible
- Sing or read aloud, exaggerating your lip movements.
- Make faces in the mirror.
- Chew food vigorously, avoid swallowing large pieces. Instead, chew each piece for at least 20 seconds.
- Try water exercise, such as aqua aerobics. These are often easier on the joints and require less balance.
- Work out in a safe environment. Avoid slippery floors, poor lighting, throw rugs, and other potential dangers.
- If you have difficulty balancing, exercise within reach of a grab bar or rail. If you have trouble standing or getting up, try exercising in bed rather than on the floor or an exercise mat.
- Most of all, select a hobby or activity you enjoy and will keep doing. Some suggestions include:
  - o Gardening
  - o Walking
  - o Swimming
  - o Water aerobics
  - o Yoga
  - o Tai Chi.

# Home Exercise

- Rest your muscles for at least one day between strength training sessions
- activities should be performed at a moderate intensity. Moderate-intensity physical activity is usually a 5 or 6 on a scale of 10, and causes your heart rate to go up. As a general rule if you're doing moderate-intensity activity you can talk, but not sing a song, during the activity.
- Combined Upper and Lower body exercises: elliptical trainer
- .Stop when experiencing unusual symptoms or pain.
- BARRIERS TO PHYSICAL ACTIVITIES
  - - The disease severity.
  - - Pre-existing Chronic fatigue in 35%-95% and can be related to depression.
  - o-morbid conditions.
  - - Lack of motivation.
  - - Cognitive and learning abilities.
  - - Societal and environmental; program costs, means of transportation, accessibility, family support, social policies, and social stigmas.