ERDHEIM-CHESTER DISEASE AND EXERCISE

Patty Bobryk, MHS, PT, MSCS, ATP
Orlando Health Multiple Sclerosis Comprehensive Care Center
Orlando, FL
OBJECTIVES

• Define exercise and its benefits
• Understand components of an exercise program and precautions
• Recognize strategies that will keep you motivated for an exercise program
PHYSICAL ACTIVITY VS. EXERCISE

PHYSICAL ACTIVITY
- Activities of Daily Living
- Occupational activities
- Chores
- Activities that expend energy

EXERCISE
- Walking
- Biking
- Weight training
- Swimming
- Yoga/Pilates/Tai Chi
RESEARCH ON EXERCISE IN HEALTHY INDIVIDUALS

- Reduces risk of diseases (heart disease, diabetes, high blood pressure, cancer and more)
- Improves mood/decreases stress
- Increases energy
- Promotes improved sleep
- Boosts immune system
- Sharpens memory
- Improves digestion
- Controls weight
- Strengthens muscles, heart
RESEARCH ON EXERCISE IN CHRONIC DISEASES

• Reduces risk of other diseases
• Improves mood/decreases stress
• Increases energy
• Promotes improved sleep

• Boosts immune system
• Sharpens memory
• Improves digestion
• Controls weight
• Strengthens muscles, heart
RESEARCH ON EXERCISE AND ECD
BEFORE YOU START

• Discuss with your Healthcare Provider to establish what is safe for you
• Seek out professionals that will take your individual needs into account
• Determine what is reasonable for you (interest, availability, cost)
• Set realistic expectations/goals “Low and Slow”
Exercise as a “Treatment”

- Exercise is an important part of your overall strategy for dealing with your symptoms and staying healthy.
Types of Exercise

- Stretching
- Strengthening
- Aerobic conditioning
- Balance training
- Functional training
Stretching

- 30 second hold, 2 to 3 repetitions
- Daily
- Maintains or improves flexibility
Strengthening

- Two or more days of the week, **repetitions to fatigue** *
- Target the muscles that will give you the most functional benefit
- Don’t forget to strengthen your core

*no evidence in ECD
Aerobic Conditioning

- Determine what activity is most feasible (interest, availability)
- Intermittent exercise strategy is beneficial particularly if fatigue is an issue
Balance Re-training

- Determine what factors are contributing to balance loss
- Activities must be challenging but need to be done with control
Exercise and Balance

• Wii Gaming System
  • Shown to improve balance
  • Removes barriers of going to gym to exercise
  • Increases engagement in activities
  • Increases confidence in abilities
FUNCTIONAL SKILLS TRAINING

- Practice skills that are challenging
  - Up and down from a chair/toilet/floor
  - Walking
  - Bed mobility
  - Stair climbing
- Break skills down into smaller components
EXERCISE PRECAUTIONS

• No pain, no gain does not apply. Exercise within your own capacity - not beyond.

• If fatigue is worsened with exercise, take note and modify your program accordingly.

• Hydrate!

• Good nutrition is key so you have energy available for exercise.
STAYING MOTIVATED

• Make it fun.
• Choose activities you enjoy.
• Exercise with a buddy.
• Set small attainable goals and reward yourself.
• Put it on paper.
• Be flexible and kind to yourself!
Bottom Line

• Control the things that you are able to
  • Eat nutritious foods (Garbage in = Garbage out)
  • Exercise (A little bit is better than nothing)
  • Have balance in life (work/rest/play)
  • Positive frame of mind (If you think it will be doom and gloom it probably will be)
  • Attend your “well visits”
  • Stop smoking
  • Be an active participant in your medical plan
  • Find things that you enjoy and that replenish you!