

Training with the Presence of Chronic Disease & Joint Challenges

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Exercise can benefit almost everyone. The presence of chronic disease does not mean that someone cannot use LifeTrail, indeed they may benefit from using it. This decision must be made by a qualified professional, but eliminating exercise in the presence of chronic disease may not be the best choice.

When introducing LifeTrail exercises to a user with chronic disease or joint challenges, remember the anonymous saying, “Exercise is good for everybody, but not every exercise is good for every body.

First, determine if the exercise is appropriate for the particular user by looking at the total patient. That means considering their physical condition plus their drive to accomplish the goal.

The rule of thumb should be to “spoon feed” movement to the body. Start with a small number of reps at first and increase gradually. This method helps to identify problems and pain. The recommended number of repetitions on a LifeTrail instructional panel may not be a easy goal for an individual with a chronic disease or a joint challenge. For people in this situation, two or three repetitions may be an appropriate starting point.

Common disease and joint challenges include:

- I. Arthritis
- II. Parkinson’s Disease
- III. Diabetes
- IV. Cardiovascular Disease (CVD)
- V. Peripheral Neuropathy

See included CD for full details.



I. Training with Arthritis

Recent research has shown that exercise is an essential tool in managing arthritis. Exercise reduces joint pain and stiffness by building strength in the muscles around the joint. Strong muscles help support the joints, making them more stable and helping you move more easily and with less pain. Exercise reduces inflammation from arthritis, and increases flexibility and endurance. The movements themselves transport nutrients to the cartilage, the material that protects and cushions the ends of the bones.

Guidelines

- *Be consistent & build up gradually* - The best exercise program is one that begins at a low intensity and builds up gradually as symptoms permit. Too much exercise, especially initially, can worsen symptoms.
- *Exercise when arthritis symptoms are the least distressing* - The best time to exercise is when pain and stiffness are at a minimum.
- *Do not overdo it* - No set number of repetitions works for everyone. The number of repetitions is dependent on how well the individual feels on that day, with their arthritis.

