

REHAB: WHY SO MUCH EXERCISE?

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Outline

- Rehabilitation
- Exercise – why and how
- Exercise and fatigue



Rehabilitation

- Broadly aims to:
 - Maximise your functional independence
 - Helps you get back to important life roles
- Improvements from intense rehabilitation reported > one year post diagnosis for people with GBS
 - Suggests need for a later reconditioning period

Rehabilitation: physiotherapy



- Neuro physiotherapist has both a good understanding of exercise and common symptoms of GBS/CIPD
- Will start with an assessment
 - Ask questions about your medical history
 - Ask what you want from physiotherapy
 - Do some physical tests
 - Come up with a plan with you
- Lots of options
 - Regular physiotherapy sessions
 - Assessment and set up exercise programme
 - Teach another person how to assist
 - Give specific advice e.g. fatigue during exercise
 - Check ups when needed





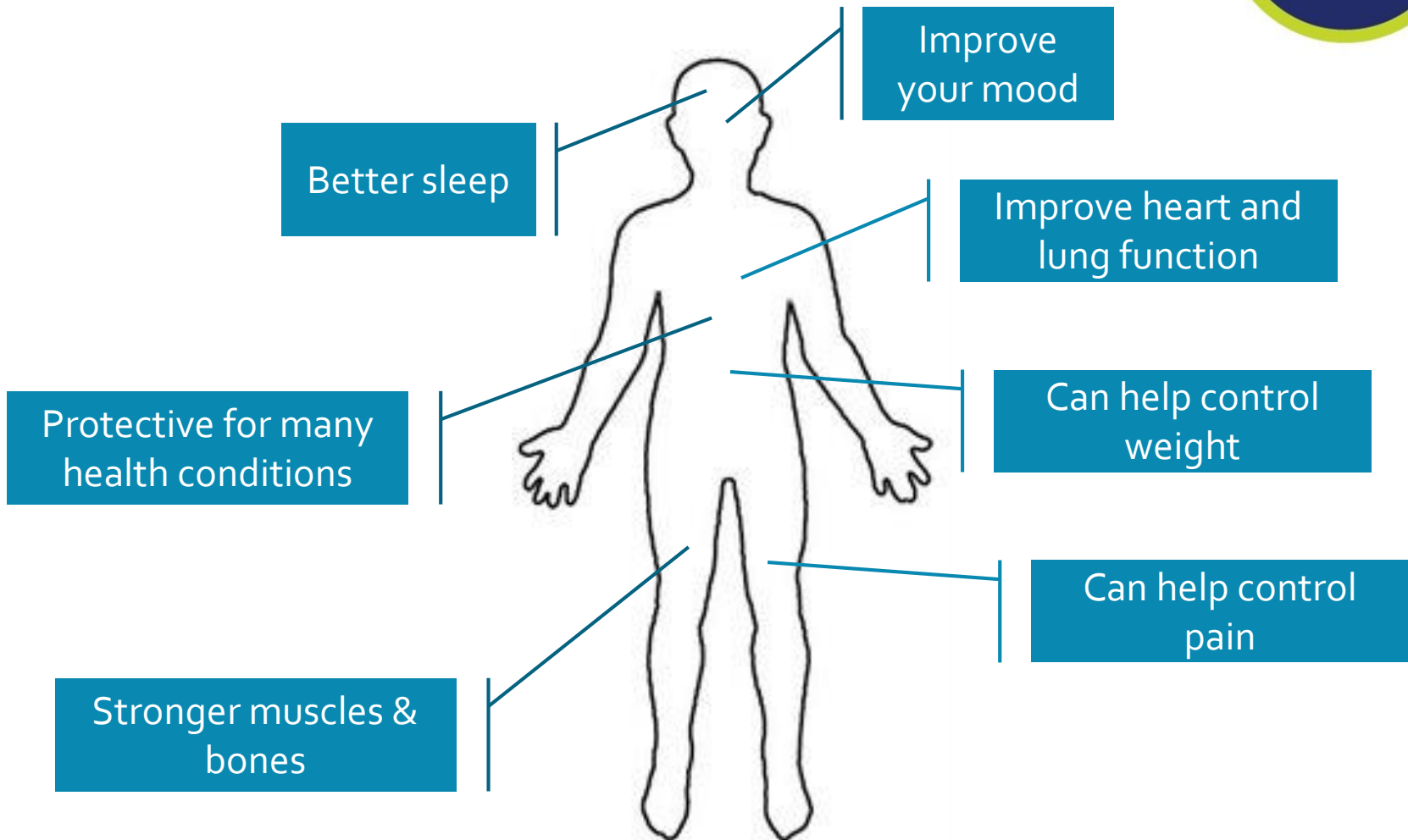
Exercise

One of the tools of rehab
Addresses the prominent
feature of GBS/CIDP

Key principles for practice

Do lots of it
Meaningful
Challenging
Specific

Why Exercise?



Better sleep

Improve your mood

Improve heart and lung function

Protective for many health conditions

Can help control weight

Can help control pain

Stronger muscles & bones

What kinds of exercise?



Cardiovascular/Aerobic

Strengthening/Resistance

Flexibility

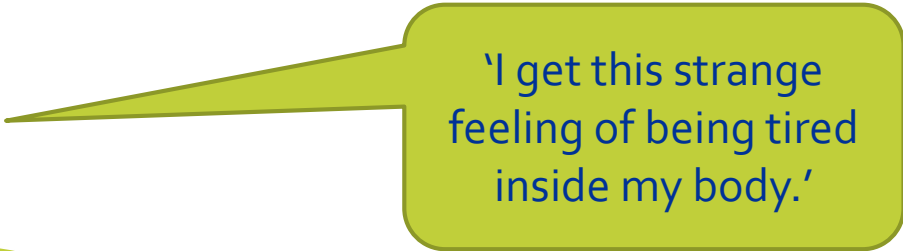
Balance



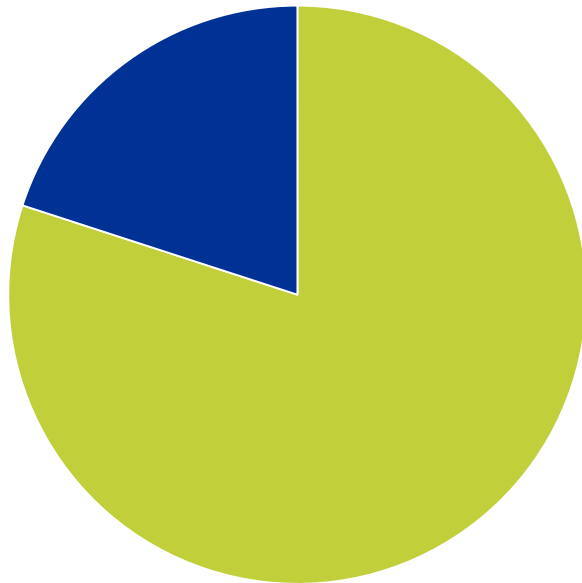
What about exercise with GBS & CIDP?

- Same benefits still apply
 - Strength training improves strength
 - Aerobic training improves fitness
- Strength and/or aerobic training do not necessarily improve function
- Specific additional reasons to exercise
 - Exercise can reduce fatigue
 - Less pain following exercise
- Precautions/Risks
 - Muscle injury
 - Sore back
 - Exacerbation of fatigue

So what about fatigue?



'I get this strange feeling of being tired inside my body.'



- 60-80% (GBS + CIDP) report severe fatigue
- Not necessarily related to amount of recovery
 - Ongoing

What is fatigue?

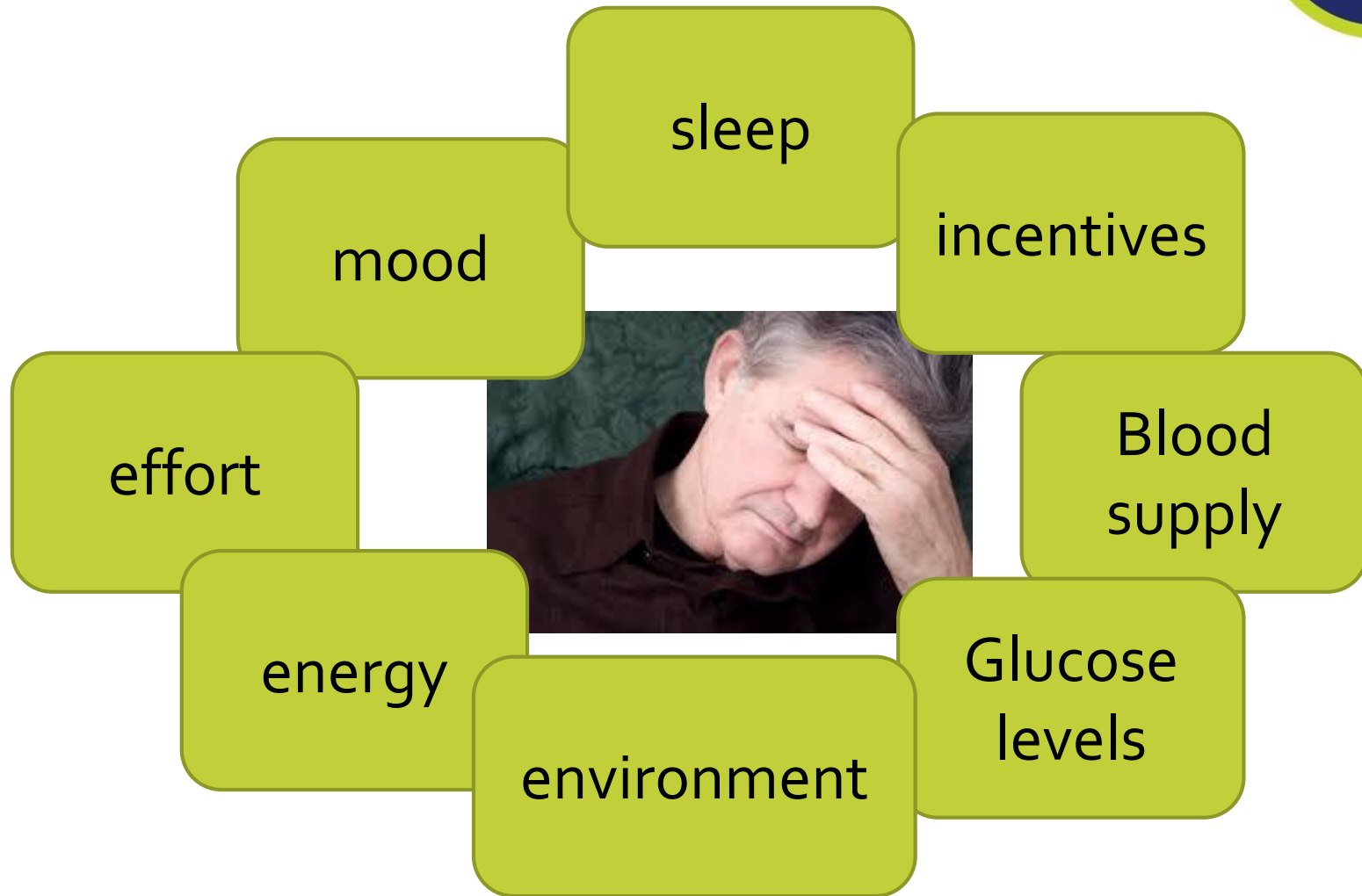


Subjective fatigue: a sense of reduced energy

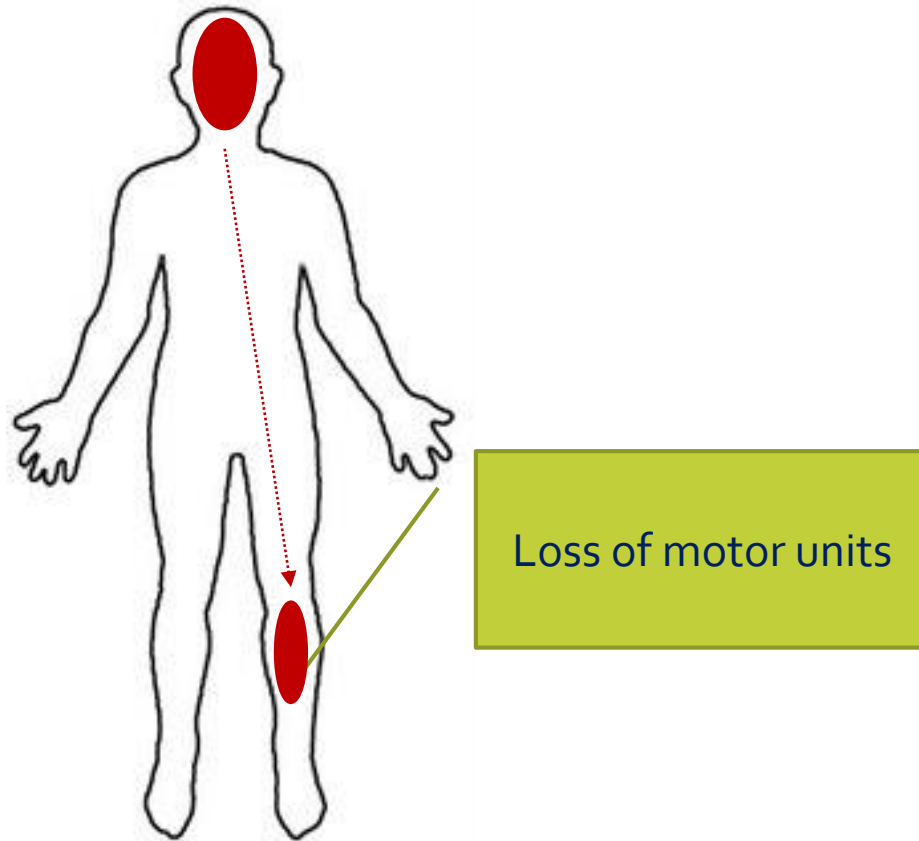
Objective fatigue: reduced work capacity in response to activity



What causes fatigue?



What causes fatigue in GBS/CIDP?





Can we change fatigue?

- Aerobic training increases physical fitness
- Aerobic training decreases self-reported fatigue by 20%

Balancing Fatigue and Exercise



The right balance...







Guidelines for Exercise

30 min moderate intensity exercise, 5 days/week

Choose an activity you like and you can keep going with
Start gradually and increase as you can

Something is better than nothing!



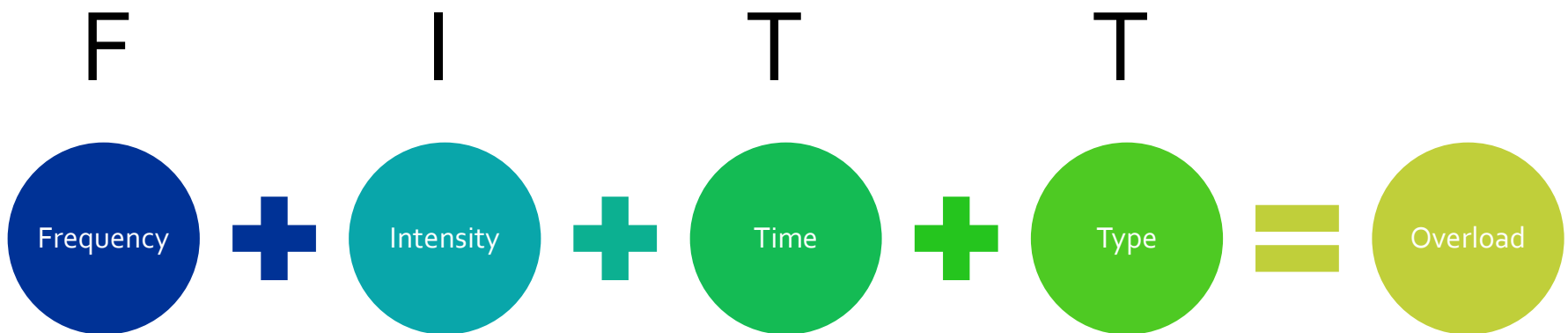
How hard should I work?

7	very, very light
8	
9	very light
10	
11	fairly light
12	
13	somewhat hard
14	
15	hard
16	
17	very hard
18	
19	very, very hard
20	

Breathing more difficult
Can talk but not in full sentences

Be cautious...

- FITT principles – use to start exercise
 - 1-2 times/week
 - Light intensity
 - Short duration
 - One type
- Progress one thing at a time using FITT principles
- Monitor fatigue closely





Fatigue is normal with exercise!

- Everybody experiences fatigue
- But need to watch for excessive fatigue
 - Out of proportion to activity
 - Lasting for a long time
- If you experience these, then need to modify an aspect of exercise (use FITT principles)

Other strategies to try





Conserve and Balance Energy

- Prioritise important activities
- Reduce unnecessary energy use
 - Aids may help use energy more efficiently
- Balancing rest and activity
 - Sleep at night
 - Rest during the day
 - May need to plan and be organised
 - Once you work out a routine, stick to it



Other ways to help manage fatigue:

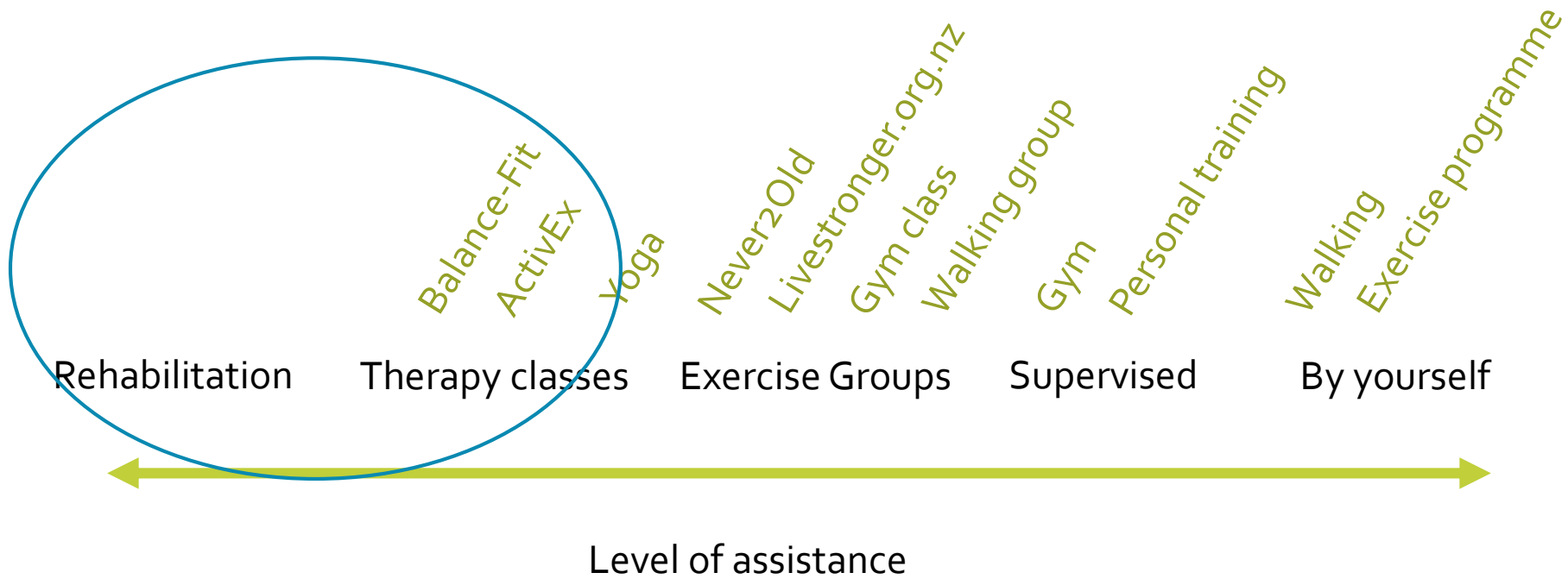
- Communication
 - Ask for or accept help
 - Let people know how you are feeling
 - Learn from others
- Healthy eating
- 'Trial and error'



What helps you exercise?

- People make a difference
 - Support people
 - Peers
 - People that know about GBS/CIPD
- Accountability
- Connecting with the environment
 - Be Accessible
 - Transportation
- Cost: some discounts available
 - Green prescription
- Acknowledge that 'it depends' things will fluctuate
- Be realistic, start small

Exercise Options





Summary

- Exercise has many advantages
- Although fatigue is a common feature, it doesn't need to prevent you exercising
- Lots of options for exercise
 - Choose something that works for you
- Something is better than nothing!
- Help (including rehabilitation) is available if you need it