

EXERCISE THERAPY CAN HELP MANAGE MANY CONDITIONS

Coming Soon

Do you know a senior with chronic back pain - we can help.

We're all aware that exercise is a vital component for keeping our bodies healthy and strong. And, we know that exercise helps to strengthen our muscles and support our skeletal system—that's why it's often used to treat conditions and injuries associated with the spine, joints, and nervous system. However, did you know that exercise therapy is also effective for treatment of conditions like cystic fibrosis, Parkinson's disease, and many others?

In a study published in the Australian Journal of Physiotherapy, researchers reported on their findings of a review of data involving a variety of conditions and the use of exercise therapy as a treatment and management option. Their goal in reviewing the information was to help healthcare providers make good, informed decisions for the most appropriate treatment of certain conditions. They also wanted to help other research agencies to set their priorities in terms of what should be studied in the physical therapy field.

This research group reviewed information from 104 studies involving exercise therapy. While it's true that exercise therapy wasn't shown to be an effective treatment for every condition they reviewed, it was an excellent treatment option for an astonishing number of conditions, including serious conditions like:

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Orthogo Physical & Aquatic Therapy
4151 W. Orleans Street
McHenry, IL 60050
815 344 9727

- » Cystic Fibrosis: Patients who participated in exercise therapy in conjunction with the more traditional treatments (percussion, vibration, and postural drainage) showed improvement in their breathing ability. The exercise therapy programs that were beneficial included strength training, aerobic exercise, and training of the muscles used in breathing.
- » Chronic Obstructive Pulmonary Disease (COPD): Exercise therapies such as aerobic exercise and strength training helped patients with COPD to better perform their day-to-day activities, thus improving their quality of life. Those patients who exercised in a supervised program, such as one involving a physical therapist, improved more than those who exercised in an unsupervised program.
- » Parkinson's Disease: Exercise therapy aimed at helping patients with balance, posture, walking, range of motion, and fine motor skills helped patients with Parkinson's to live better lives in which they had less difficulty performing day-to-day activities.
- » Osteoarthritis: Patients suffering from osteoarthritis of the knee or hip showed improvement when they took part in exercise therapy that focused on strengthening, stretching, and functional exercises.

If you're suffering from an ongoing condition, ask your healthcare provider how exercise therapy can help you. Your doctor may refer you to a physical therapist who can design a program specifically tailored to your health needs.

Smidt, Nynke, de Vet, Henrica CW, Bouter, Lex M, Dekker, Joost, Effectiveness of Exercise Therapy: A Best-Evidence Summary of Systematic Reviews, Australian Journal of Physiotherapy 2005 Vol. 51.

"...ask your healthcare provider how exercise therapy can help you."