

Exercises for Overcoming Physical Limitations

Timothy J. Charleston, DPT

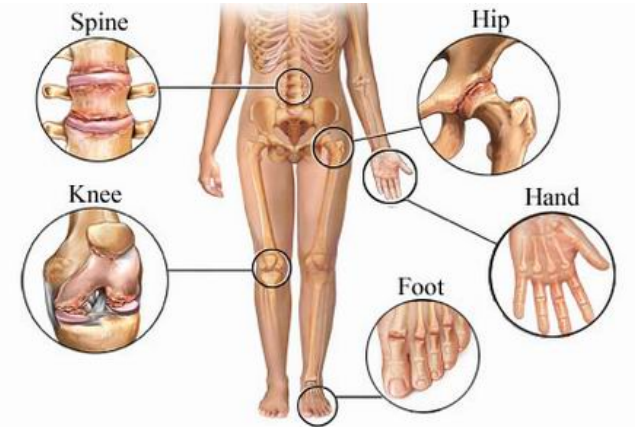
Piedmont Hospital Rehabilitation Services

Objectives

- Common Physical Limitations
- Exercises for Overcoming Physical Limitations
- Community Resources

Common Physical Limitations

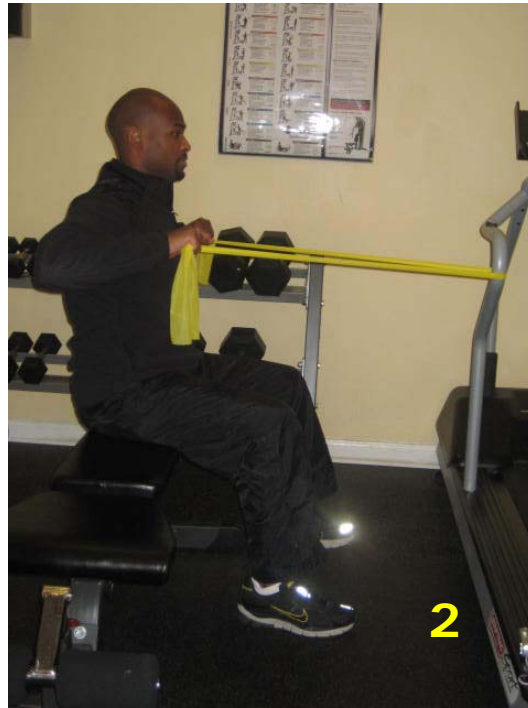
- Low Back Pain
- Knee Pain
- Arthritis
- Diabetic Neuropathy



Low Back Pain

- Avoid high Impact exercise
- Avoid movements that involve excessive bending
- Strengthen back muscles and abdominals





**Seated Row/Superman
(Back Muscles)**



Alternating Arm/Leg Raise (Back/Core Muscles)

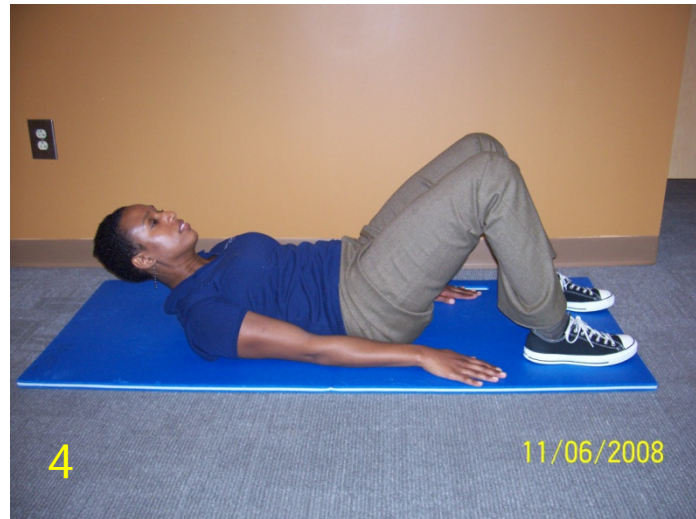


Abs/Back



Pointers: With each exercise, keep stomach drawn inward.

Abs/Back (Cont.)



Knee Pain

- Avoid Deep Knee Bends
- Avoid Twisting
- Avoid Hyperextending
(locking knees out)
- Wear appropriate footwear



Wall Squats/Chair Squats (Major leg muscles)



Leg Extension (Thigh Muscles)

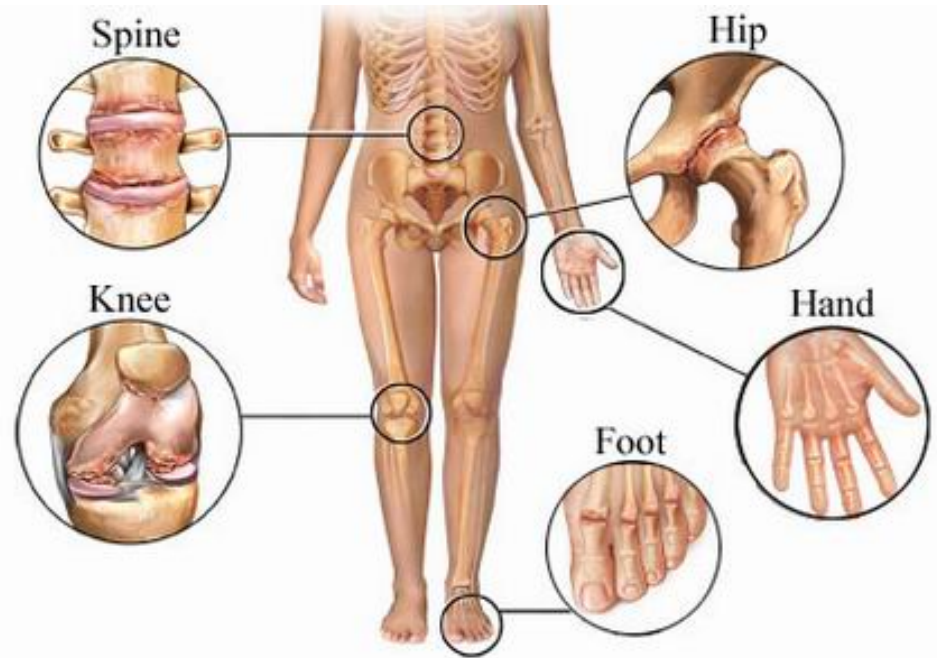


Resisted Calf Exercise



Arthritis

- Control your weight
- Being aware of body position
- Conserving energy
- Respecting pain



Aquatic/Water Therapy

Benefits:

- Water increases ease of movement
- Decreases the intensity of exercise
- Relaxing

Precautions:

- Cardiac dysfunction

Contraindications:

- Respiratory Dysfunction
- Severe peripheral vascular disease
- Open wounds or non-healing ulcers



Low-Impact Cardio Exercises



Recumbent Bike



Arm Ergometry



Elliptical Trainer

Diabetic Neuropathy and Foot Care

- **Poorly fitted shoes**

- Common cause of problems

- Some advice:

- Get your feet measured each time you buy new shoes
- New shoes should be comfortable when purchased and should not need a "break-in" period.
- Plenty of room for the toes (Square toe Box).
- Avoid high heels, pointed toes or shoes that are tight around the toes



Diabetes and Foot Care

- Commonly Recommended Brands:

- New Balance

- Saucony

- Asics

- Nike

- Reebok

- Rockport



Components of Physical Activity

- **Flexibility**
 - Avoid ballistic (bouncing) motions
 - Each stretch held in a sustained position approximately 30 seconds
 - **Position should be tolerable!**



Rear Shoulder's/Tricep's



**Rear Delt's
(Shoulders)/Upper Back**



Lat's (Back muscles)/Tricep's

Hamstring's/Calf's/Back



Hamstring's/Calf's



Back

Chest/Shoulder's/Biceps



Hip/Thigh Muscles



Community Resources

Mall-Walk

Mall	Phone Number	Schedule	Report to:
Lenox	(404)233-6767 (404) 237-8995	Weekends 8am-10am	Security
Phipps	(404)262-0992	Weds. 8:30am-10am	Level P2
Perimeter	(770)394-4270	M-F 6am Sat/Sun 9am (BP readings on 2nd Tues./mo) Bloomingdale's entrance	Security
Cumberland	(770)435-2206	7am	Security
Southlake	(770)961-1050	M-Sat 6am Sun 9am	Food Court Entrance
Northlake	(770)938-3564	M-F 8am	Food Court Entrance
Greenbriar	(404)344-6611	M-F 8am	Food Court Entrance

Community Resources

- American Diabetes Association
 - Weight Loss Matters
 - Program for helping manage weight and diabetes
 - Phone: 1–800–DIABETE(342–2383).
 - Website: www.diabetes.org/weightloss-and-exercise/weightloss.jsp
- Diabetes University
 - Phone: 404-527-7150
 - E-mail: DU@diabetesatlanta.org
- ***www.thera-band.com***

Contact Information

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