

Fit for the Future

Appointments
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How to stay younger as you get older

The Inconvenient Truth

As we get older we get less fit and the less we do the faster this happens! Here are some facts.

- ◆ **Muscle strength** can reduce by up to 40% between the ages of 20 - 80.
- ◆ **Heart and lung (aerobic) fitness** can reduce by up to 10% a decade
- ◆ **Flexibility** tends to decrease but we should remain fully flexible until the age of 75 yrs!

This results in more wear and tear arthritis and an increased risk of falls.

Falls in the UK are the most common cause of death among older people aged over 75, and causes one fifth of broken hips. Of the people who fracture a hip, two thirds never regain their previous level of mobility and independence. In Suffolk during 2004/05, falls cost just close to 6 million pounds.

What should you do if you are getting stiffer, and slower and developing more general aches and pains in your joints and muscles ?

The Good News!

By keeping physically active, training and exercising these trends can be slowed and reversed.

Bury Physio Fit for the Future Programme

This group education and exercise programme will help you learn how to stay younger as you get older

- ◆ **Initial assessment** by trained physiotherapists and rehabilitation specialist: general health, balance, flexibility strength, and daily activities such as lifting walking and stair climbing, getting up and off the floor.
- ◆ **6, two hour group sessions over 6 weeks** which include activity and education, with tips and advice on your health including: posture and body mechanics for gardening, driving, shopping and house work fitness, aging and falls, tissue healing, causes of musculoskeletal pain and self help strategies, and understanding pain.
- ◆ **Personalised gently graded exercise programme** designed to suit your specific needs and to fit into your lifestyle. You will also get the opportunity to try a variety of activities that improve strength, balance and coordination, aerobic fitness, and lifting strength .



Case Study

A 72 year old lady, Mrs. G, who lived on her own, noticed that her knee pain was gradually getting worse, her knees were getting weaker making it more difficult to get up out of a chair and to go up and down stairs. She worried going out in case she tripped and fell. She had stopped walking her dog because of her knees. We found she had poor balance, weak calf and thigh muscles and could not kneel or get up from the floor .

Following the Fit for the Future programme, Mrs G she was able to get up from the floor, go up and down stairs faster and with less pain, walk her dog for up to ½ mile and was much more confident and optimistic about the future. She knew how to manage her knee pain with correct foot wear, and a simple daily exercise programme.

References

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