

Move it or lose it

How to stay mobile *and* stay safe

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Do's and Don'ts

- Don't lose ground from deconditioning
- Do Keep moving and stay safe
- Don't fall
- Do get help

Exercise!

Consequences of a sedentary lifestyle



Decreased endurance



Decreased strength



Increased stiffness



Increased risk of medical complications



Decreased bone density

Do people with PSP and CBD improve with rehabilitation?

- In the short term, a four week intensive inpatient program showed improvements in disease severity and gait (Cleirci et al PLOS One 2017)
- One case study of a person with mixed PSP / CBD reduced falls and preserved ambulation with a walker for 10 years of participation in a group balance class (Steffen et al PTJ 2013)

Recovery / Preservation

- ◇ Balance programs are effective in improving balance performance, but not incidence of falls in people with Parkinson's (Allen et al, 2011)
- ◇ Any physical therapy is better than nothing (Tomlinsen et al 2011)



Exercise Challenges

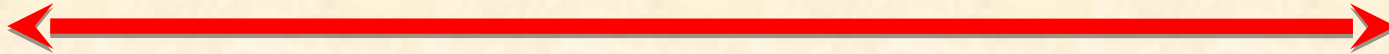
- The earlier stages of the disease, the more you can do safely
- The uncomfortable truth
 - Balance deficits
 - Cognitive deficits
- ◇ BUT people with dementia DO respond to intense exercise! (Pitkala et al, 2012)

Activity continuum

Safety

Most

Least



- Sitting exercises

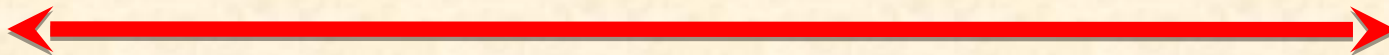
- Bed exercises

- Standing exercises

- Walking

- Multitasking

Balance Challenge



Least

Most

What's the best exercise?

- The one that is **safe** and **challenging** for you
- In general, goal directed, FUNctional activities are more motivating
- Music-based interventions are showing more **potential** (Shivonen et al Lancet Neurol 2017)
- Movement-based video gaming systems like Xbox Kinect may improve function (Seamon et al *Disabil Rehabil* 2017)

External Focus (outside your body) is better for performance)



Overcoming Barriers to Exercise

“But I’m not an athlete”



Overcoming Barriers to Exercise

“I can't find the time”



Overcoming Barriers to Exercise

“I have a hard time getting motivated”



Overcoming Barriers to Exercise

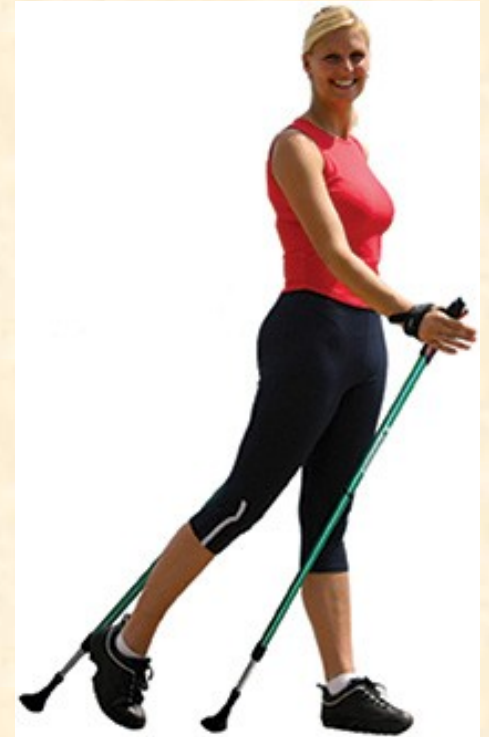
Drive and Dementia



Don't Fall

- Environmental
 - Hazard elimination
 - How many fall hazards can you think of?
 - Grab bars, raised toilet seats, shower chair
- Physical
 - Assistive Devices
 - Physical Assistance
 - Exercise

Assistive Devices



Do: Get help

- Physician clearance
- Physical Therapy
- Occupational Therapy
- Personal Trainer

**THANK
YOU!**