



ERDHEIM-CHESTER DISEASE AND EXERCISE

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OBJECTIVES



- Define exercise and its benefits
- Understand components of an exercise program and precautions
- Recognize strategies that will keep you motivated for an exercise program

PHYSICAL ACTIVITY VS. EXERCISE

PHYSICAL ACTIVITY

Activities of Daily Living
Occupational activities
Chores
Activities that expend energy



EXERCISE

Walking
Biking
Weight training
Swimming
Yoga/Pilates/Tai Chi



RESEARCH ON EXERCISE IN HEALTHY INDIVIDUALS



- Reduces risk of diseases (heart disease, diabetes, high blood pressure, cancer and more)
- Improves mood/decreases stress
- Increases energy
- Promotes improved sleep
- Boosts immune system
- Sharpens memory
- Improves digestion
- Controls weight
- Strengthens muscles, heart

RESEARCH ON EXERCISE IN CHRONIC DISEASES



- Reduces risk of other diseases
- Improves mood/decreases stress
- Increases energy
- Promotes improved sleep
- Boosts immune system
- Sharpens memory
- Improves digestion
- Controls weight
- Strengthens muscles, heart

RESEARCH ON EXERCISE AND ECD



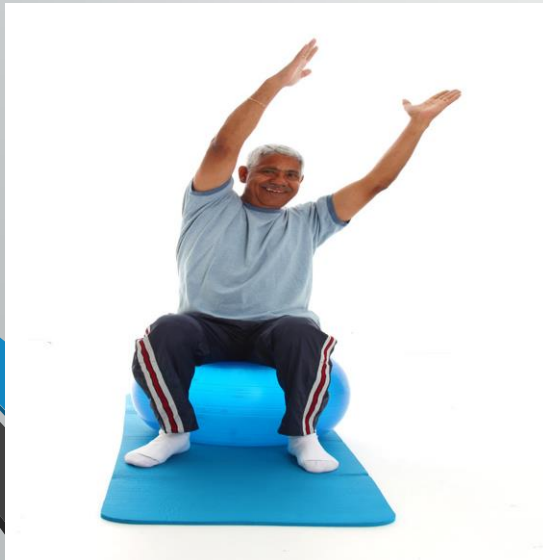
BEFORE YOU START

- Discuss with your Healthcare Provider to establish what is safe for you
- Seek out professionals that will take your individual needs into account
- Determine what is reasonable for you (interest, availability, cost)
- Set realistic expectations/goals “Low and Slow”



Exercise as a “Treatment”

- Exercise is an important part of your overall strategy for dealing with your symptoms and staying healthy



Types of Exercise

- Stretching
- Strengthening
- Aerobic conditioning
- Balance training
- Functional training



Stretching

- 30 second hold, 2 to 3 repetitions
- Daily
- Maintains or improves flexibility



Strengthening

- Two or more days of the week, **repetitions to fatigue***
- Target the muscles that will give you the most functional benefit
- Don't forget to strengthen your core



**no evidence in ECD*

Aerobic Conditioning

- Determine what activity is most feasible (interest ,availability)
- Intermittent exercise strategy is beneficial particularly if fatigue is an issue



Balance Re-training

- Determine what factors are contributing to balance loss
- Activities must be challenging but need to be done with control



Exercise and Balance

- **Wii Gaming System**

- Shown to improve balance
- Removes barriers of going to gym to exercise
- Increases engagement in activities
- Increases confidence in abilities



FUNCTIONAL SKILLS TRAINING

- Practice skills that are challenging
 - Up and down from a chair/toilet/floor
 - Walking
 - Bed mobility
 - Stair climbing
- Break skills down into smaller components



EXERCISE PRECAUTIONS



- No pain, no gain does not apply. Exercise within your own capacity- not beyond.
- If fatigue is worsened with exercise, take note and modify your program accordingly.
- Hydrate!
- Good nutrition is key so you have energy available for exercise.

STAYING MOTIVATED

- Make it fun.
- Choose activities you enjoy.
- Exercise with a buddy.
- Set small attainable goals and reward yourself.
- Put it on paper.
- Be flexible and kind to yourself!



