



EXERCISE FOR CAREGIVERS

By Steven Kuhn, PT, DPT



Benefits of Exercise from the CDC

- Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age.
- It can also reduce your risk of **depression** and **anxiety** and help you **sleep better**.
- Both diet and physical activity play a critical role in maintaining a healthy body weight, losing excess body weight, or maintaining successful weight loss.
- Regular physical activity can also lower your blood pressure and improve your cholesterol levels. The American Heart Association recommends **150 minutes a week**. (30min/5xweek)
- Being physically active lowers your risk for developing several commonly occurring cancers including bladder, breast, colon, esophagus, kidney, stomach, and lung cancer.
- Doing aerobic, muscle-strengthening, and bone-strengthening physical activity at a moderately-intense level can **slow the loss of bone density** that comes with age.
- Among older adults, physical activity also **reduces the risk of falling** and injuries from falls.

4 Great Exercises for Caregivers

- **Walking** or hiking is a great form of cardiovascular exercise that can be done inside (on a treadmill or at a mall) or outside (on the sidewalk or a walking trail).
- **Strength training** exercises focus on specific muscle groups to enhance muscle mass and endurance, which is especially helpful when daily responsibilities require physical strength.
- **Cycling.** Caregivers have the option of riding a bike indoors or out. While strengthening the legs and hips, cycling also benefits the cardiovascular system.
- **Meditation/Yoga.** Providing care often becomes stressful for a variety of reasons. Take the time to rest and alleviate stress by practicing meditation or a beginners yoga program.

How Much Cardio Do I Need?



- Cardio is aerobic activity -- anything that gets your heart rate up. Each week, shoot for one of these:
- 150 minutes of medium-intensity cardio, like brisk walking. You can split that into 30 minutes, 5 times a week.
- Or you can do 75 minutes (1 hour and 15 minutes) of high-intensity cardio, like swimming, cycling, and or running per week.
- OR a mix of medium- and high-intensity cardio

Break it down. You don't have to do it all at once. You can do three 10-minute sessions instead of 30 minutes straight, for instance. Just make sure to work for that whole 10 minutes.

- If it still sounds like too much, aim to get 30 minutes in for just 3 days a week, then work your way up to 5 days.

Get cleared from your Doctor before you start your exercise program!



Exercise Equipment for Home

- Treadmill, Recumbent bike, and Elliptical
- Dumbbells
- Theraband/Resistant Bands
- Ankle Weights
- Yoga Mats
- Soup cans (1lb/2lb)
- Stairs
- Chairs



Upper Body Strengthening Exercises

- Shoulder Flexion
- Shoulder Abduction
- Wall push up
- Scapular Retraction
- Bicep curl

Shoulder Flexion



Shoulder FLEXION

While sitting or standing with your arm at your side, slowly raise it up and forward towards overhead.

Video # VVBNSZXGV

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Shoulder Abduction



Shoulder ABDUCTION

With your affected arm starting at your side with your thumb pointed upward, raise up your arm to the side.

Video # VVNFC7TNL

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Wall push ups



WALL PUSH UPS

Standing at a wall, place your arms out in front of you with your elbows straight so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

Video # VV4UPBCJV

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Scapular retraction (Shoulder blade squeezes)



SCAPULAR RETRACTIONS (shoulder blade squeezes)

Squeeze your shoulder blades back and down.
Hold for 3 seconds, relax and repeat.

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Bicep curls



ELBOW FLEXION EXTENSION

Start with your arm at your side. Bend at your elbow to raise your forearm/hand upwards as shown. Then return to starting position and repeat.

Video # VVCBQCW2G

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Lower Body Strengthening Exercises

- Standing Marches
- Standing Hamstring curls
- Standing Abduction
- Calf raises
- Seated Knee Extension

Standing Marches



STANDING MARCHING - SINGLE LEG

While standing, lift your foot and knee up, set it down and then repeat on the same side.

Use your arms for support if needed for balance and safety.

Video # VVRYXYXN6

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Standing Hamstring Curls



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat. Keep knees in-line with one another.

Video # VVMP2C2RC

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Standing Hip Abduction



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for balance support if needed for balance and safety.

Video # VVWVJJHEQ

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Calf Raises



DOUBLE LEG HEEL RAISES - CALF RAISES - STANDING

While standing, raise up on your toes as you lift your heels off the ground.

Video # VV446LPRP

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Seated Knee Extension



KNEE EXTENSION

Start in a seated position with your knee bent as shown, slowly straighten your knee as you raise your foot upwards as shown. Return to starting position and repeat.

Video # VVPMTJJBW

Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Times a Day

Stop if painful.

- Stop the exercises if they are painful or aggravate you.
- You may need to modify the exercises to make them easier.
- If you have any immediate questions or issues contact your doctor.
- Your doctor may refer you to outpatient physical therapy to address a mobility barrier, evaluate a painful joint, assess your balance, and or to progress your exercise program to improve your overall strength and activity tolerance.
- If the exercises are easy for you, you may benefit from an advanced exercise program with resistance and weights.



References

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