

## **Therapeutic Movement: Impacting Depression Through Exercise**

**Live Satellite Conference and Webcast  
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## **Faculty**

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### **Activity/Exercise**

- Is an important component in a comprehensive health care management program
- Can promote optimum joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning
- Can enhance self-image and self-esteem
- Plays an important role in managing depression

### **Activity/Exercise**

- Takes different forms
  - Activities of daily living
    - Cooking, dressing, walking to the mailbox, etc.
  - Recreational activities
    - Hobbies, games

### **Activity/Exercise**

- Takes different forms
  - Therapeutic exercises
    - Specific exercises prescribed by a health professional to correct an identified problem or achieve a specific goal

### **Activity/Exercise**

- Benefits
  - Joint flexibility/mobility
  - Muscle strength
  - Endurance/stamina/more energy
  - Bone strength
  - Function/ability to perform daily activities
  - Posture/balance and coordination

### **Activity/Exercise**

- **Benefits**
  - Nourishes cartilage
  - Cardiovascular health/circulation
  - Regular bowel movements
  - Sense of well being/less stress and depression
  - Weight control/better appearance
  - Improved quality of sleep

### **Exercise**

- **3 categories**
  - Range of motion exercises
  - Strengthening exercises
  - Conditioning/endurance exercises

### **Exercise**

- **Range of Motion (ROM)**
  - Helps maintain normal joint movement, relieve stiffness, or improve flexibility and movement
  - Daily ROM exercises can prevent stiffness & loss of motion
  - May not improve a person's range but further restriction may be prevented by regular ROM exercises

### **Exercises**

- **Strengthening**
  - This type of exercise helps maintain or increase the strength of muscles
  - Weak muscles can lead to a loss of function and disability and can add to joint problems

### **Exercise**

- **Endurance exercises**
  - Help strengthen the heart
  - Make the lungs more efficient
  - Increased stamina
  - Enhance sleep, control weight, improve balance, lift spirits, and improve overall health

### **Exercise**

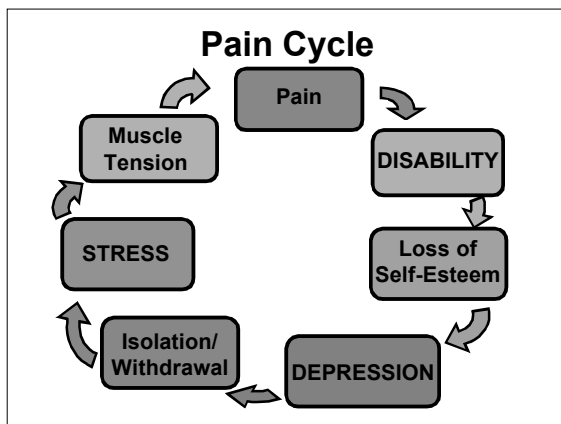
- To be effective, must be done regularly
- Use of warm, moist heat may help a person move more easily & encourage a patient to participate in movement activities
  - Heat relaxes joints/muscles & helps relieve pain
  - Avoid cold air drafts before & during exercise as this can lead to muscle tension

## How Much Exercise

- There is no required or “magic” number of repetitions an activity must be repeated
- People should start slowly and gradually increase the duration an activity is performed
- If a patient has been inactive for a long time, it will take some time to improve their activity tolerance

## Barriers to Exercise

- Don't like to exercise
- Don't know what exercises to do
- Too difficult
- Too fatiguing
- Boring
- Painful (may or may not be the initial cause of inactivity but it will become a major factor with prolonged inactivity)



## Pain Cycle

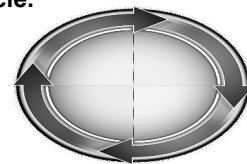
- Inactivity can be the catalyst that initiates a cycle of chronic pain
  - Disuse of muscles & joints may cause stiffness, muscle spasm, eventual joint contracture, & other deformities which can make movement more difficult

## Pain Cycle

- Can lead to loss of function & disability which may result in loss of self-esteem & withdrawal from social activities
  - Depression and stress are then likely to result
- This increases muscle tension and causes more pain

## Pain Cycle

- The additional pain can then increase anxiety
- And more anxiety = more tension = more pain ..... and so on through the cycle.



### **Pain Cycle**

- Exercising on a regular basis is a way of breaking this cycle
- Heat or cold can help encourage a patient to participate in exercise/activity by reducing pain, stiffness or muscle spasm
  - Dry or moist heating pads
  - Hot water bottle

### **Pain Cycle**

- Slush bags
- Frozen vegetable bags
- All work about the same – try different kinds until find what feels best
  - Don't use for more than 20-30 minutes
  - Avoid use on fragile, broken skin or over areas with poor circulation

### **Pain Cycle**

- Avoid use with liniments to prevent potential burning
- May help a person relax which will rest both the body and the mind to cope with stress and pain

### **Exercise**

- Things don't always have to walk like a duck, quack like a duck, or swim like a duck to be a duck ... but beware, it might just be a duck in disguise!

### **Exercise**

- Movement activities are the perfect way to put a disguise on exercise and encourage participation from those patients who, for any number or reasons, would rather not exercise

### **Exercise**

- Exercise doesn't always mean a set of assigned, repetitive movements
- There are many activities that can help promote body awareness, balance, coordination, physical mobility & endurance (sounds just like exercise!) but patients won't think of them as exercise & they DON'T require specialized training or equipment

### **Exercise**

- Patients are more likely to participate in activities that they don't think of as being exercise
- Any activity that encourages active movement qualifies as exercise

### **Movement Activities**

- Movement activities can help with ROM, strengthening & endurance
- Many of the activities utilize fluid movements which help with relaxation
- Music helps encourage the patient's participation
  - Match the tempo to the activity and select tunes the patient enjoys

### **Movement Activities**

- The following are examples of creative activities that can be suggested to the patient and/or family to encourage the patient to move in beneficial ways

### **Movement Activities**

- Scarf dancing (standing, sitting or lying down)
  - Hold a scarf in one hand & wave it across chest with gliding, soft movements; open it out to side in a figure-eight motion; move scarf in many directions: backward & forward, up & down & sideways; make full circles: around, in front, to the side of the body

### **Movement Activities**

- Scarf dancing (standing, sitting or lying down)
  - Benefits
    - Encourages fluidity and mobility while moving
    - Relaxation

### **Movement Activities**

- Figures in the air (standing, sitting or lying down)
  - Visualize being a conductor or a swimmer
    - Move arms in time with the music or "swim" in place, doing the forward, back, breast and sidestroke

### **Movement Activities**

- Figures in the air (standing, sitting or lying down)
  - Benefits
    - Improve coordination and strength of the arms

### **Movement Activities**

- Figures with feet (can be performed lying down or sitting)
  - Hold leg straight & “write” the alphabet with foot & leg
    - Speaking letters out loud helps breathing & minimizes muscle fatigue
  - Alternate feet every 2 to 4 letters

### **Movement Activities**

- Figures with feet (can be performed lying down or sitting)
  - Benefits
    - Improve coordination and strength of the legs

### **Movement Activities**

- Ball bouncing or throwing (performed sitting or standing)
  - Bounce a ball and count the number of bounces (counting out loud helps people to breathe)
    - Set a goal to increase the duration spent in this activity

### **Movement Activities**

- Ball bouncing or throwing (performed sitting or standing)
  - Throw a light weight medium sized ball up in the air and catch it
    - Try throw/clap/catch, or throw/pat knees/catch
    - Count the number of catches & set a goal

### **Movement Activities**

- Ball bouncing or throwing (performed sitting or standing)
  - Toss the ball between 1 or more persons
  - Benefits
    - Improve balance, eye-hand coordination and strength (arms and/or legs)

### **Movement Activities**

- Head, shoulders, knees and toes (performed sitting)
  - Touch fingers to head, shoulders, knees and toes
    - Can increase frequency and/or speed; change order
- Benefits
  - Coordination, endurance

### **Movement Activities**

- Pizza Maker (sitting or standing)
  - Mix dough
  - Knead dough
  - Rollout with rolling pin
  - Toss pizza above head
  - Spread sauce
  - Sprinkle cheese
  - Place toppings

### **Movement Activities**

- Pizza Maker (sitting or standing)
  - Open oven door
  - Set timer
  - Wait with toe tap (count out loud & alternate from one foot to other)
  - Open door
  - Take out pizza
  - Cut pizza

### **Movement Activities**

- Pizza Maker (sitting or standing)
  - Eat!
  - Benefits
  - Coordination, wrist, elbow, shoulder flexibility and circulation

### **Summary**

- Exercise isn't limited to boring routines or activities that aren't fun
- Creativity can help get a patient started & motivated to continue
- If pain is reduced, energy is increased, & movement improved, a patient will be inspired to continue moving
- Exercise can be an important factor in helping patients feel better