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**DISCLAIMER:** These activities have been designed to cover a range of abilities and should not cause any harm. If you experience any pain or discomfort, stop immediately and speak to a health professional such as a chartered physiotherapist or your GP.

**FIND A PHYSIO:** You can be referred to a physio by your GP, or some NHS departments allow patients to self-refer, without having to see another healthcare practitioner. To find a local private physiotherapist visit:

**[www.physio2u.co.uk](http://www.physio2u.co.uk)**

CHARTERED PHYSIOTHERAPISTS WORKING WITH OLDER PEOPLE



A place to go: **[www.csp.org.uk/your-health](http://www.csp.org.uk/your-health)**

# We're talking about YOUR GENERATION



**THINK  
PHYSIO**  
for primary care

# Hold on to what you've got

Notching up the years? Caring for an older friend or relative? You'll know how frustrating it can feel when simple pleasures like playing with the grandchildren, or working in the garden, become more of a struggle.

Niggling aches and pains are sometimes seen as a sign that it's time to take it easy, but physiotherapists know that slowing down is not the answer...



Keep your **mojo** working

As the years go by, many people avoid exercise because they don't feel they have the energy, or see it as a risk to their health. But they're wrong. The greatest risk to physical health and mental wellbeing is saying goodbye to an active lifestyle.

## What'cha gonna do about it?

It's never too late to increase muscle strength, maintain bone density and improve balance. Taking steps now to achieve these goals can help prevent aches and pains, give you energy and make you less vulnerable to falling in the future. You'll also cut your risk of, or better manage, conditions like heart disease, some cancers,

type 2 diabetes, stroke and mental illness. There are lots of ways you can get active; it's not all about traditional exercise. Aim for a good mix of:

- **Aerobic exercise, which will benefit your cardiovascular system and help keep your weight in check**
- **Strength training, to maintain muscle mass and improve posture and stability**
- **Weight bearing exercise, to maintain bone density and strength**
- **Gentle stretching, to help promote flexibility and range of motion in joints.**

## THIS OLD HEART OF MINE

IF YOU HAVEN'T EXERCISED FOR SOME TIME, OR HAVE HAD ANY PREVIOUS OR EXISTING HEALTH CONDITIONS, IT'S BEST TO CHECK IN WITH A PHYSIOTHERAPIST FOR ADVICE ON HOW TO GET STARTED AND ACTIVITIES YOU CAN ENJOY SAFELY.

## This sporting life

Try the following activities:

- **Going for a swim, or water aerobics**
- **Riding a bike**
- **Walking briskly**
- **Heavy gardening**
- **Playing tennis.**

Aim for a pace that makes you feel warm and at least moderately out of breath, but still able to hold a conversation. Or keep in with the in-crowd by trying more relaxing activities like Pilates, yoga or Tai Chi. You won't just enjoy the physical benefits, you should also notice improvements to your sense of wellbeing and quality of sleep, which is necessary for helping your body heal and keeping your memory sharp.

# TIME FOR ACTION

Physiotherapists suggest you follow the Chief Medical Officer's recommendations and aim for at least 2½ hours of moderate intensity physical activity every week. Why not try 30 minutes of activity five days a week?

## LAZY SUNDAY AFTERNOON?

TOO BUSY FOR A REGULAR WORKOUT? LOOK AT EVERYDAY WAYS TO KEEP MOVING AND IMPROVE YOUR FITNESS. IF YOU WORK, GO AND SPEAK TO YOUR COLLEAGUES RATHER THAN SEND EMAILS. LEAVE YOUR CAR AT HOME AND CARRY YOUR BAGS BACK FROM THE SHOPS. PUT PLENTY OF EFFORT INTO WASHING YOUR CAR AND OTHER HOUSEHOLD CHORES.

**YEARS OF WEAR AND TEAR: NOW YOUR MUSCLES AND JOINTS ARE COMPLAINING - MAYBE RESTRICTING MOBILITY?**

## You could be at greater risk of a fall

The good news is that physiotherapy can reduce your risk of falling and improve your quality of life.

### Physios can help:

- **Improve** balance with muscle strengthening exercises
- **Advise** on good, supportive footwear and appropriate walking aids if necessary
- **Boost** confidence and reduce fear of falling
- **Teach** you how to get off the floor again following a fall
- **Show** you how to position your pillows correctly for a more comfortable night's sleep.



Pay attention!



# YOU DON'T WANT A KITCHEN SINK DRAMA!

It's the simple things that make a difference. So follow these tips to help avoid a fall at home:

- **In the kitchen**, move crockery and heavier items that you use regularly to a waist-high shelf
- **Mop up** spillages straight away so there is no risk of slipping
- **Take care** when getting up in the night to go to the bathroom. Have a lamp with a switch nearby to light your way
- **Remove** trip-hazards like clutter, trailing wires and frayed carpet
- **Use** non-slip mats and rugs, or put a carpet grip underneath
- **Avoid** walking on slippery floors in socks or tights
- **Use** a grip mat in the bath and shower, and have grab rails for getting in and out
- **Avoid** long, trailing clothes that might trip you up
- **Wear** well-fitting slippers and shoes in good condition that support the ankle and have a good grip on the sole.

## The Move

If you sit for long periods of the day, your circulation can slow down and you might find your joints feel stiffer than usual. This can put you at risk of a fall when you stand up. If you have been sitting for longer than 20-30 minutes, you should think about getting up and moving about.

## Some simple exercises to get you going:

- **Toe** and heel taps – five times each foot
- **Straighten** knees one at a time – five times each leg
- **Gently** march your knees up and down for ten to 15 seconds before you stand
- **Shuffle** up to the front third of your chair and push up through your legs to standing; gently stretch your back and neck by standing as tall as you can.

## Rescue me!

Sometimes falls are unavoidable – they can happen at any age. Make a plan in the event of falling at home, this could include wearing an emergency pendant alarm.

## Ways to get upright after a fall:

- **Roll** onto your side, get up onto your hands and knees into a crawling position
- **Slowly** crawl or shuffle on your bottom to somewhere you can pull yourself up, such as a chair
- **Lift** your strongest foot forwards, and get up onto one knee, raise yourself onto two feet
- **Stand** for a couple of seconds to regain your balance, then turn and sit down.

## DON'T KNOW WHY YOU FELL?

**SPEAK TO YOUR GP OR HEALTHCARE TEAM. KEEPING FIT AND ACTIVE IS THE BEST WAY TO AVOID FALLS.**

**THIS CAN BE DONE BY GOING THROUGH A FEW SIMPLE EXERCISES IN THE MORNING TO HELP LOOSEN UP BEFORE YOU START YOUR DAY, TAKING REGULAR WALKS OR GOING DANCING WITH FRIENDS.**



Stay "hep".