

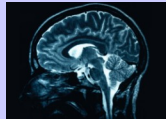


Alzheimer's Disease: The Benefits of Exercise

Definition

Dementia:

- "A degenerative disease of the brain that leads to impairment of memory and global intellectual deterioration without affecting consciousness."¹
- The prevalence of dementia increases dramatically with age. Statistics show that 5% of people over 65 and 20% over 80 will have dementia.¹



Alzheimer's Disease (AD):

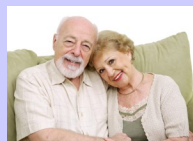
- "A type of dementia that can cause physical deterioration and adversely affects cognitive, emotional, and behavioral functioning."²
- Interventions to increase physical health, decrease fall risk and sustain mobility can improve health, mood, and quality of life in patients with AD.³



Benefits of Exercise

Increased:^{2,3,4,5}

- Activity levels
- Cognition (ex: memory, reasoning, comprehension)
- Mobility
- Flexibility
- Static balance



Decreased:^{2,3,4,5}

- Fall risk
- Institutionalization (ex: nursing home, assisted living, hospital)
- Burden and dependence

Exercise Recommendations

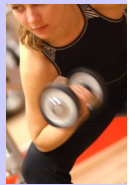
Endurance:⁴

- 3 days per week (nonconsecutive)
 - 30 minutes (continuous)
 - Moderate intensity
- >Examples:
- Walking
 - Stationary bike
 - Social activities
 - Dancing
 - Swimming



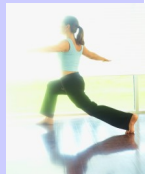
Strength:⁴

- 3 days per week (nonconsecutive)
 - 12 repetitions
 - 1 to 2 sets
 - Progress as tolerated
- Focus on postural muscles, upper and lower extremities



Balance:⁴

- 6 days per week
 - 10-15 minutes
- >Examples:
- Transfer exercises (ex: sit to stand)
 - Base of support exercises (ex: single leg stance, weight shifts)
 - Advanced walking skills (ex: heel-to-toe walking, walking with head turns)
 - Yoga



Flexibility:⁴

- 6 days per week
 - 10-15 minutes
- >Examples:
- Neck, Back, Shoulders, Hands
 - Hips, Hamstrings, Calves



Caregiver Tips^{3,4}

- Keep patient safe
- Make an individualized schedule
- Keep exercise log
- Monitor exercise intensity
- Familiarize with behavioral management



Additional Information

www.alz.org
www.alzfdn.org
www.alzheimersdisease.com



References

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 3. Logsdon R, Teri L. An evidence-based exercise and behavior management program for dementia care. *J of American Society on Aging*. 2010;34(1):80-3. <http://generations.metapress.com/content/e523581362807m23/>. Accessed: September 7, 2010.
 4. Teri L, McCurry S, Buchner D, et al. Exercise and activity level in Alzheimer's Disease: A potential treatment focus. *JRRD*. 1998;35(4):411-19. <http://www.rehab.research.va.gov/jour/98/35/4/teri.pdf>. Accessed: September 7, 2010.
 5. Toulotte C, Fabre C, Dangremont B, Lensel G, Thevenon A. Effects of physical training on the physical capacity of frail, demented patients with a history of falling: a randomized controlled trial. *Age and Ageing*. 2003;32:67-73. <http://ageing.oxfordjournals.org/content/32/1/67.full.pdf+html>. Accessed: September 7, 2010.
- All pictures taken from Microsoft Office Word 2007 Clip Art

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