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March 2011

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## --Mobile PT Attends first certification course in San Marcos, Texas.



Mobile Physical Therapy attended the first of a three course series in mid-January 2011. The course series will culminate in a certification designated by the American Physical Therapy Association Geriatric's Section as "Certified Exercise Expert of the

Aging Adult" (CEEAA).

The course focus is on expert clinical decision-making skills in (1) designing and applying an effective examination and exercise prescription and (2) measuring the effectiveness and reflecting the current evidence of exercise for all aging adults. The first course was a wealth of information on numerous Standardized Tests and Measures which have been validated on large number of older adults.

The process to attain the credential of "Certified Exercise Expert for Aging Adults" is to complete formal didactic education, and to participate in supervised and mentored skills development, home-based reflection, critical thinking, and written and practical exams. The course will address evidence-based examination and different and increasingly complex aspects of exercise design and delivery.

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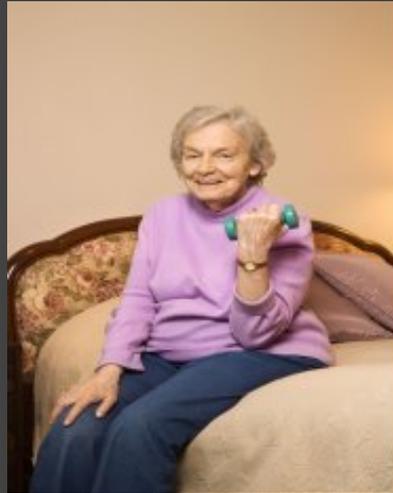
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The second part of the course is the end of this month. Stay tuned for updates from San Marcos, Texas.

## --PT Tips: Exercise for the Aging Adult--Current Recommendations



Have you heard exercise is important for older adults, but don't know where to begin? You're not alone.

***The truth is that you can't afford not to get moving. Exercise is the key to staying strong, energetic, and healthy as you get older.*** It can help you manage the symptoms of illness and pain, maintain your independence, and even reverse some of the symptoms of aging. And not only is exercise good for your body—it's good for your mind, mood, and memory.

No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't require strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health.

**Where to begin, what to do: start with 10 minutes twice a day and build up to 30-60 minutes per day.**

General Activity--7 days per week: Take stairs, Walk to mailbox, Walk around stores.

Aerobic Activity--3-5 days per week: Brisk walking, swimming, or dancing.

Strengthening--2-3 days per week: Weight or resistance bands.

Flexibility--2-3 days per week: Stretching arms, legs, and trunk.

Balance--1-7 days per week: Tai Chi, Yoga, Balance challenging activities (standing on one leg, etc.).

Functional Activities--7 days per week: wall slides, chair stands, steps.

[Download a full copy of the recommendations here.](#)

## --Client of the Month: Sylvester



Meet our March patient of the month, Sylvester. Sylvester became a client of Mobile Physical Therapy after his sister noticed he was walking slower, having trouble getting up and down steps, and had several falls.

His sister and caseworker contacted Mobile Physical Therapy after getting a referral from Sylvester's doctor for physical therapy. He was seen for PT one to two times a week for two months while attending his adult day center. (Mobile Physical Therapy can provide services in adult day centers.)

Sylvester has made progress with his balance, gait speed, and strength. Because he works hard during therapy, he can now stand up without using his hands and is walking faster and steadier. Great Job Sylvester!

[To check out Sylvester's gait speed improvement in graph form, click here.](#)

## --Improve Your Posture with a few Simple Exercises

How good is your posture? Do you have a rounded upper back and forward shoulders?

Usually this is what people think of when they think of poor posture. Poor posture can be seen in people of all ages. Remember your grandmother telling you "don't slouch"? In most cases, the cause of poor posture is muscle weakness in the back and shoulder blade muscles, and tight chest muscles.

A February 2010 research article published in the Journal of Rehabilitation Medicine found an effective program of improving posture in older adult women, which may provide good information for everyone.

In this study, the women received a treatment of spinal mobilizations, spinal taping (to support muscles in the back), and specific chest stretching and back strengthening exercises.

**These simple exercises can be performed by anyone.**

1. Seated, lift both hands together above the head, 10-15 reps, 3 sets.
2. Seated or standing with the back against a wall, straightening the back as far as possible, 10-15 reps, 3 sets.
3. Seated on a chair with both hands on the neck or crossed over the chest, lift the arms and extend the upper back (stick out your chest and lift your head slightly), 10-15 reps, 3 sets.
4. Stand in front of a wall, sliding hands up the wall as high as possible on the wall, 10-15 reps, 3 sets.
5. Lie on your back, knees and hips flexed and feet resting on the ground, put a small rolled up towel between your shoulder blades. Lie over towel roll for 30-180 seconds.

**[For a picture of exercises 1,3,4,5--click here.](#)**



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