

### **Sports Therapy**

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

### **Spinal Therapy**

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

**GUNN IMS** - Intra-Muscular Stimulation

**Pilates Based Core Stability Training**

**ICBC Treatment of Injury Post MVA**

**Active Rehabilitation Programs**

**WCB Treatment for Work Related Injury**

**Worksite Evaluation, Ergonomic Assessment & Wellness Program Development**

**Functional Capacity Assessment and Medical Legal Reporting**

### **Women's Health**

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

**Injury Prevention Education**

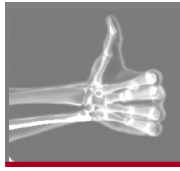
### **Seniors Programs**

- Fall Prevention
- Fitness
- Post Surgical

**Respiratory Care**

**Arthritis Treatment and Management**

**Neurology**



# **Burrard Physiotherapy Associates**

You're In The Right Hands

### **Physiotherapists**

Lynn Chapman  
Kerry Maxwell  
Barbara Picton  
Lynda Lawrence  
Bryn Edwards  
Antony Causton  
Shahab Rezania  
Allison Downie  
Linda Warren

**FOR APPOINTMENTS CONTACT**

**Tel: 604 684 1640**

**WALK-IN'S WELCOME**

#1020 - 1200 Burrard Street

Vancouver, BC. V6Z 2C7

**Phone: 604 684 1640**

**Fax: 604 684 1642**

Email: [bphysioa@shaw.ca](mailto:bphysioa@shaw.ca)

# **FITNESS FOR SENIORS**



# FITNESS FOR SENIORS

**F**itness is all about feeling and looking well, and staying mobile and independent. At Burrard Physiotherapy, we encourage seniors to keep active with sensible exercises suited to their age and physical condition.

## WHY EXERCISE?

- ◆ Tone
- ◆ Circulation
- ◆ Strength
- ◆ Mobility



The increase in heart rate during exercise helps build up the heart muscle and increase oxygen supply to the body. The improved circulation helps give a feeling of well-being. It also results in better tissue nutrition, thus preventing injury and tissue breakdown. Exercise helps to prevent stiffness in the joints and helps build up the strength of surrounding muscles. Older people who are physically inactive have a greater tendency to stiffen up. Exercise helps to prevent stiffening up, falls and improves general muscle tone. Weight bearing activity assists in the prevention of bone loss. Exercise can also improve your ability to cope with stress and improve the quality of sleep.

## AM I TOO OLD?

Nobody is too old to exercise. The degree of exercise will differ depending on the individual level of fitness and any health problems. Some 70-year-olds climb mountains, while others the same age are limited to much more gentle forms of exercise. The important thing is to maintain as much activity as your body will allow.

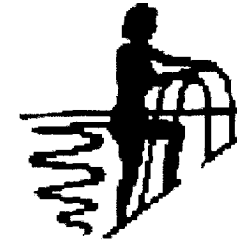
## WHAT IS BEST FOR ME?

Increasing your fitness level means being able to do more with less effort. Ask your physiotherapist for the right exercises to do regularly. Our therapists can show you how to exercise correctly and can help you with ways to monitor your progress. For example, checking for improved walking times or increased distances. Always warm up and end with some muscle stretches, as this helps prevent injury and stiffness. Wear sensible, comfortable clothes and shoes when exercising and be sure not to over-exert yourself.

## Here are some suggestions for exercise:

*Walking* is a basic, pleasant and effective activity, but the walk needs to be brisk enough to increase your heart rate. To increase your cardiovascular fitness, you need to reach your target heart rate range and maintain it for 15 to 20 minutes at least three times per week. Your target heart range should be 60 to 70% of your maximum heart rate. See the table below.

TARGET HEART RATE TABLE		
Age	Max Heart Rate (220—Age)	Target Zone 60% to 75%
50	170	102-127
55	165	99-123
60	160	96-120
65	155	93-116
70	150	90-113



*Swimming* is an excellent general exercise, which is not too hard on your body and allows for plenty of movement with buoyancy. This is wonderful for bad backs or stiff joints.

*Cycling* is a low impact choice with no jarring on the joints. Outside it's a great social activity. Indoors you can use an exercise bike - great for the winter.



## WARNING SIGNS

- ◆ Do not start out too hard and check that your pulse rate returns to normal, within five minutes of finishing your activity.
- ◆ Drink lots of water to avoid dehydration during exercise.
- ◆ Do not overdo it and watch for recurring or persisting pain.
- ◆ If concerned, check with your doctor and then seek early professional attention from your physiotherapist.

## OSTEOPOROSIS

A common problem for both men and women is osteoporosis, a condition which involves a loss of bone density. It often affects the spine, which causes shrinkage in height, poor posture and backache. Research has shown that exercise is important in the prevention of osteoporosis.

## DIET

A well balanced diet is vital to complement a sensible exercise regime.

**ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING ANY NEW EXERCISE REGIME.**