



KentuckyOne Health™

Huntington's Disease and Exercise

Kathy Pape, PT, MSP

What is Exercise?

- Activity requiring physical effort , carried out to sustain or improve health and fitness
- Activity that is done outside of one's normal routine
- Movement of the body is a major component of any type of activity

History of Exercise

- Evidence exists that exercise was present as early as 3500 B.C.
- 776 B.C.-first ancient Olympics
- In 65B.C.-Marcus Cicero stated 'It is exercise alone that supports the spirits and keeps the mind in vigor'.
- 1900-first Olympics in Paris
- 1949-first study that linked the lack of physical health and lack of exercise

Benefits of Exercise

- | | |
|---------------------------------|---|
| • Improved strength | • Cardiovascular benefits-decrease blood pressure |
| • Improved endurance or stamina | • Bone and joint benefits |
| • Improved flexibility | • Weight loss |
| • Improved muscle tone | • Blood sugar levels |
| • Improved mood | |
| • Improved sleep patterns | |
| • Improved mood | |

Types of Exercise

- Stretching or Flexibility-moves muscles through full range of motion; loosens tendons and ligaments
- Strengthening-builds up muscle mass; increases muscle tone
- Aerobic Activity-increases lung muscle strength; improves cardiovascular system; tones up muscles throughout the body

Benefits of Exercise in HD

- General Benefits
- Symptom Management
- Falls Management

Symptom Management

- Improves gait mechanics(how you walk)
- Improves gait speed(how fast you walk)
- Improves balance
- Improves flexibility
- Improves grip strength
- Improves motor coordination
- Reduces joint stiffness

Falls Management

- Practicing movement improves mobility and reduces risk of falls
- Balance reactions become more automatic
- Makes you more aware of surroundings and safe movement patterns
- Improved initiation of transitions which makes you safer
- Ability to react to changes in environment is improved resulting in increased safety

Specific Exercise Benefits

- All exercise has some benefits
- Stretching exercises-decrease risk of injury due to muscles already “warmed up”
- Strengthening exercises-increases muscle strength which improves bone strength and helps protect joints
- Aerobic exercise- increases body’s ability to use oxygen efficiently

Levels of Exercise

- Light exercise-not sweating, not breathing hard, can talk and sing, heart rate not increased
- Moderate exercise-breaking a sweat, can talk but can’t sing, heart rate increased
- Vigorous(intense)exercise-sweating(need to change shirt), breathing hard, can’t talk or sing, heart rate increased

Intensity Level

- High-intensity (30 minutes at 70-80% of resting heart rate)
- Lower-intensity (50 minutes at 40-50% of resting heart rate)
- All levels of exercise for any length of time longer than 10 minutes provide some benefits

Aerobic Exercise

- Treadmill training
- Biking-free or stationary
- Swimming
- Running or jogging
- Water aerobics
- Dancing
- Pilates/yoga/tai-chi
- Walking

Exercise Program

- Performed on consistent basis
- Frequency 3-4 times per week
- Should incorporate all three types of exercise-stretching, strengthening, aerobic
- Do not have to do same thing each time
- Warm-up, exercise, cool down each time
- Intensity level can vary depending on daily activity

Exercise Program-II

- Start slowly-build up gradually(goal could be 300 minutes per week-5 hours)
- Make sure your doctor is okay with you beginning an exercise program
- Make sure your footwear is in good shape
- Remember to stretch first
- If sore the next day after exercising-if resolves within 24-36 hours-then keep going at same level; if lasts longer than 36 hours-have done too much and need to back off

Tips for Success

- Get a workout buddy
- Schedule it on the calendar
- Do your exercise to music
- Do activities you like to do ie: gardening, walking, water activities
- Reward yourself for sticking to program

Have Fun



Questions???