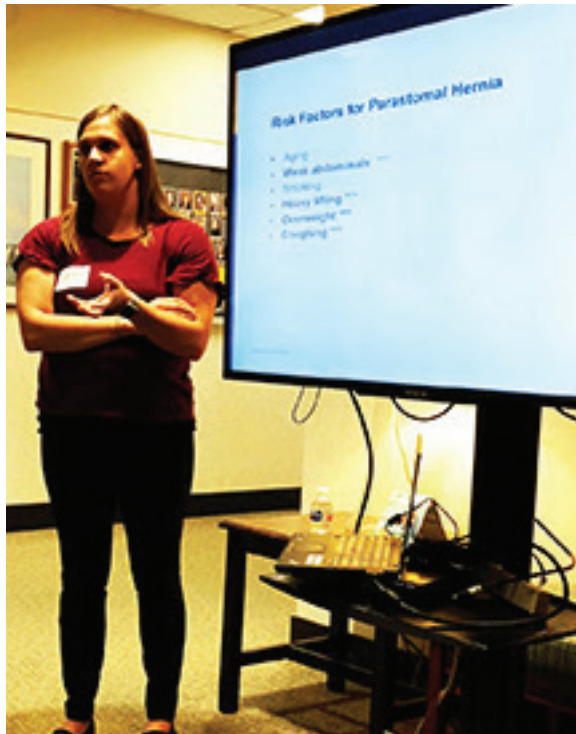


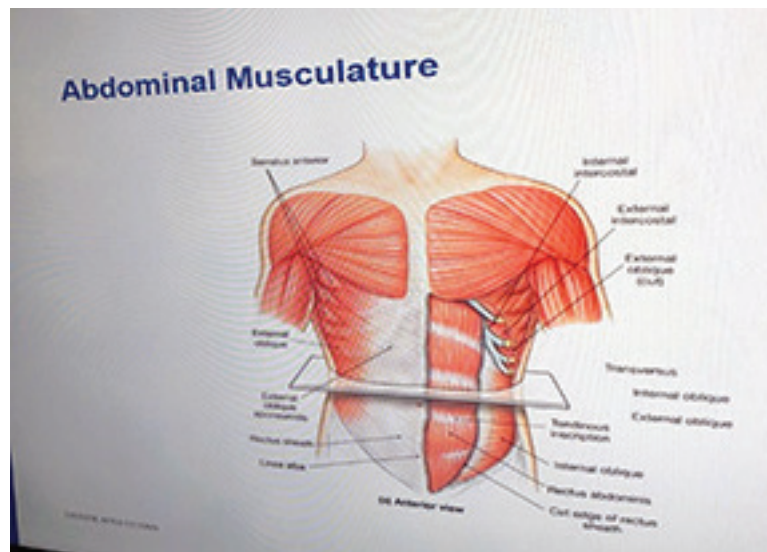
# Exercises for Central Core Strengthening-



Presentation by  
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at the MCOA meeting  
of October 17, 2018

## Hernia Risk Factors

Aging  
Weak Abdominals  
Smoking  
Heavy Lifting  
Overweight  
Coughing



The area around the body indicated by the plate needs the most attention

## Who is Exercising?

- Studies show that overall people become less active after stoma surgery
  - 19.5% say they are "much less active"
  - 18.6% say they are "a little less active"
- 68% of people age 46-64 don't meet recommended guidelines for physical activity
- 86% of people age 65 & over don't meet guidelines
- Why??
  - Many say they were never given advice about exercise

## Where to Start?

- **Talk with your Doctor!**
- **Areas of focus**
  - Gentle cardiovascular exercise
  - Abdominal strengthening
    - Want to perform exercise focused on abdominal wall but also include strengthening for UE & LE with a tight abdomen
    - Abdominal strengthening can be part of everyday activities like:
      - Lifting & carrying
      - Sit to Stand
      - Supine to sit

## Recommendations for Exercise

- US Dept of Health & Human Services Physical Activity Guidelines
  - 150 mins of moderate intensity exercise OR 75 minutes of vigorous exercise
    - Should occur in bouts > 10 mins
    - Should occur at least 3x/week
    - Moderate = can talk but can't sing during exercise
    - Vigorous = can't say more than a few words without pausing for breath
  - Strengthening 2x/week for all major muscle groups

## Moderate vs. Vigorous

Moderate Exercise	Vigorous Exercise
Walking briskly > 3.0 mph	Running
Water Aerobics	Swimming laps
Bicycling < 10 mph	Bicycling > 10 mph
General Gardening	Hiking up hill or w/ heavy backpack
Doubles Tennis	Jumping Rope
Ballroom Dancing	Aerobic Dancing

## Walking Program

Week	Warm-up	Brisk walking	Cool-down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes