

Chronic neurological condition-basic home exercise

Long-term neurological conditions (LTNCs) can be classified into:

Sudden onset conditions (eg. acquired brain injury of any cause (including stroke), Spinalcord injury

Intermittent conditions (eg. epilepsy)

Progressive conditions (eg. multiple sclerosis (MS), motor neuron disease (MND), Parkinson's disease and other neurodegenerative disorders)

Stable conditions with/without age-related degeneration (eg. polio or cerebral palsy.

Home Exercise

- Always warm-up before beginning your exercise routine and cool down at the end.
- If you plan to work out for 30 minutes, start with 10-minute sessions and work your way up.
- Exercise your facial muscles, jaw, and voice when possible
- Sing or read aloud, exaggerating your lip movements.
- Make faces in the mirror.
- Chew food vigorously, avoid swallowing large pieces. Instead, chew each piece for at least 20 seconds.
- Try water exercise, such as aqua aerobics. These are often easier on the joints and require less balance.
- Work out in a safe environment. Avoid slippery floors, poor lighting, throw rugs, and other potential dangers.
- If you have difficulty balancing, exercise within reach of a grab bar or rail. If you have trouble standing or getting up, try exercising in bed rather than on the floor or an exercise mat.
- Most of all, select a hobby or activity you enjoy and will keep doing. Some suggestions include:
 - o Gardening
 - o Walking
 - o Swimming
 - o Water aerobics
 - o Yoga
 - o Tai Chi.

- Rest your muscles for at least one day between strength training sessions
- activities should be performed at a moderate intensity. Moderate-intensity physical activity is usually a 5 or 6 on a scale of 10, and causes your heart rate to go up. As a general rule if you're doing moderate-intensity activity you can talk, but not sing a song, during the activity.
- Combined Upper and Lower body exercises: elliptical trainer
- .Stop when experiencing unusual symptoms or pain.
- BARRIERS TO PHYSICAL ACTIVITIES
- - The disease severity.
- - Pre-existing Chronic fatigue in 35%-95% and can be related to depression.
- o-morbid conditions.
- - Lack of motivation.
- - Cognitive and learning abilities.
- - Societal and environmental; program costs, means of transportation, accessibility, family support, social policies, and social stigmas.