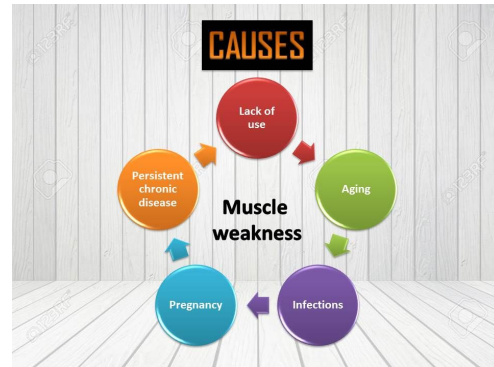


# MAPLE CITY PHYSICAL THERAPY

## General Weakness

### Summary

1. Causes
2. Signs and Symptoms
3. Risks
4. Management



### Causes

Generalized weakness is defined as muscle weakness throughout the body which is accompanied by decreased strength, muscle fatigue, and loss of function. Generalized weakness can be caused by:

- A sedentary lifestyle: being inactive is the most common cause of generalized muscle weakness
- Overexertion injury
- Electrolyte imbalance/dehydration
- Neurological conditions: stroke, spinal cord injury
- Hypoglycemia/uncontrolled diabetes
- Infections/illness: flu, UTI
- Medications
- Pinched nerves
- Aging

### Signs and Symptoms

- Fatigue with exertion
- Muscle cramps
- Difficulty with prolonged walking
- Dropping objects
- Falls

### Risks

Living a sedentary, or non-active, lifestyle can put you at risk for:

- Weakness and decreased mobility
- Obesity
- Heart disease
- HTN, high cholesterol
- Stroke
- Diabetes
- Certain cancers
- Osteoporosis

- Falls
- Depression and anxiety

## Management

### Home Management

Tips to decrease sedentary lifestyle at home:

- Continue with your usual housework, yard work, and gardening: these all count as physical activity and will keep you mobile and strong
- Move while you watch TV: do an exercise during commercial breaks or get up and walk around!
- Go for a walk around your neighborhood: walk with friends, your kids, spouse, or your dog! Having someone to walk with helps to keep you motivated
- Stand or walk when you are talking on the phone!

### Work Management

Tips to decrease sedentary lifestyle at work. Most people spend 40+ hours a week at work and might not have time to workout or go to the gym but these tips can help keep you moving:

- Get out of your chair at least 1x per hour: go for a walk around the office, march in place, or do jumping jacks! Just take a break to move!
- Look into the option of a stand up or treadmill desk
- Take the stairs instead of taking the elevator
- Use your lunch breaks: after you eat use the rest of your lunch break to go for a walk!

### Physical Therapy and Exercise

Physical therapists are trained to help develop exercise prescriptions throughout the lifespan. They can help choose and recommend specific exercises that would be individualized to your needs.

- Recommend moderate intensity exercise 5x per week for 30 minutes OR vigorous intensity exercise 3x per week for 20 minutes
- Strength exercises 2-3x per week at 10-15 repetitions
- Flexibility exercises 2x per week
- Focus strength and flexibility exercises on larger muscle groups
- Balance exercises can also be incorporated to decrease fall risk