

MAPLE CITY PHYSICAL THERAPY



During the Covid-19 Pandemic many of us have been less active as a result of things like working from home, fitness center closures, and delaying our regular travel and leisure activities. A decrease in our daily activity level can lead to **physical deconditioning**

Physical deconditioning is defined as a general decline in function. It can impact all of our body's systems including our heart, lungs, and muscles.

Signs of physical deconditioning can include:

- * Increased shortness of breath with activity
- * Muscle weakness and loss of flexibility
- * Difficulty with activities of daily living (caring for yourself, and your home)
- * Loss of balance / increase in falls

Risks of Physical Deconditioning

The symptoms of physical deconditioning can be warning signs of underlying health concerns such as:

Heart: The heart muscle can also weaken, which means the heart must work harder to pump enough blood through your body.

Bones: Lack of physical activity can lead to a weakening of your bones. This can result in a higher risk of osteoporosis and fracture.

Lungs: People who are physically deconditioned have a higher risk of pneumonia (lung infection) which can lead to hospitalization.

Blood: Physical inactivity and deconditioning can put you at higher risk of blood clots

Mental Health: Decreased physical activity can increase confusion, disorientation, anxiety and depression.

So what can I do?

The good news is, it's not too late to reverse the effects of decreased physical activity! Here are some ways you can safely return to your previous activity level and improve your overall health!

See a Physical Therapist!: Physical Therapists are specialists in movement. They can create and supervise a structured exercise plan that focuses on your personal goals.

Join a fitness center: Fitness centers often have staff to assist you as well as group exercise classes and swimming pools with lifeguards on duty to ensure safety.

Find a buddy: Find a friend with shared goals and resume low risk, low impact activities such as walking or playing golf.

SAFETY FIRST! Always speak with your doctor about any concerns you may have about your health, and the safest way to meet your personal fitness goals.