



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



AUTHORS

This guide has been written by our Specialist Pilates Online Physiotherapists based on their clinical experience and Master degree level specialist training in Neuromusculoskeletal and Neurological conditions.

They have **extensive clinical experience** in medical exercise prescriptions and Physiotherapy management for patients with a wide range of Neurological conditions in everyday practice.

The recommended amount of exercise for Neurological conditions provided in this guide is in line with current advice and evidence from the **Chartered Society of Physiotherapy and Parkinsons.org.uk**

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM

Neurological disorders can occur due illness, trauma/accidents or congenital injuries (from birth), brain damage, autoimmune disorders, cancers, viral, bacterial or parasitic infections and more.

The neurological pathways connecting the brain and body become disrupted, resulting in the body not functioning as it used to.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



NEUROLOGICAL CONDITIONS

Common Neurological conditions include:

Parkinson's disease, Strokes, Multiple sclerosis, Brain tumours, Motor neurone disease, Alzheimer's, and Cerebral palsy.

Less common Neurological conditions include:

- Guillain-Barré syndrome (GBS) is a rare neurological disorder in which the body's immune system mistakenly attacks part of its peripheral nervous system.
- Amyotrophic lateral sclerosis (ALS)
- Duchenne muscular dystrophy
- Huntington's disease.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



COMMON SYMPTOMS

Motor, sensory and brain patterns can all be affected, and the disruption may be present temporarily or remain permanently. Muscle tone can be higher resulting in jumpy movements, or lower resulting in reduced stability affecting body postures.

Common symptoms or problems encountered when a person has a neurological condition include:

- Partial or complete paralysis
- Loss of Balance
- Reduced/loss of hand or arm function
- Reduced/loss of foot or leg function
- Muscle weakness as changes in walking pattern, speed or rhythm
- Personality or emotional changes
- Unexplained pain
- Difficulty with dextrous tasks such as writing or dressing

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



INDIVIDUAL EXPERIENCES DIFFER



Medical diagnosis, advice and outlook can often be uncertain. People can often experience a difference in how the body feels and behaves and this can be unnerving, affecting both physical, mental and emotional well-being for the individual and their loved ones.

Exercise helps effectively manage your condition on a day to day basis. Our Specialist Pilates Online service provides a unique way to safely and effectively exercise with guidance and training from one of our Specialist Physiotherapists, delivered to you in the comfort of your own home making it accessible and convenient to perform. We offer a range of different ability levels ranging from beginner through to advanced, with work conditioning and functional based exercises. We are passionate about applying the latest evidenced based principles of neuromuscular rehabilitation and neuroplasticity. Research has shown the benefits and effectiveness of rehabilitation is best achieved when exercises are appropriately suited to the severity of symptoms.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



WHERE TO START

Rate your symptoms to determine the level of exercise to perform:

MILD

If symptoms are mild it is recommended that you perform vigorous and whole body exercises to improve your strength, balance, posture and flexibility, and keep your heart and lungs healthy. Aim to build up exercise to 2.5 hours a week.

ALL OF OUR VIDEOS ARE SUITABLE FOR YOU.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



WHERE TO START

MODERATE

If symptoms are moderate or if you feel your symptoms are progressing, physio-led Pilates is still a highly recommended form of exercise. Our videos target balance, strength, movement and flexibility. We understand that sleep, tiredness, mood changes and mental health are an issue.

Under our **Neurology Category**, our selection of **beginner and intermediate level videos, mindfulness, relaxation and chair-based exercise videos** will help manage symptoms. If these are too easy you can then **try exercises at advanced level.**

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM



WHERE TO START

SEVERE/COMPLEX

Our specially designed chair based exercises and beginner exercises in our Neurological category will help you feel safe and confident as you exercise. You could also try exercising periodically in standing and try holding onto a chair to keep you feeling safe and confident.

Our selection of beginner and chair-based exercises are suitable listed under our Neurology category. If you find the exercise level too easy, you can then try some of our intermediate level exercises

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM

HOW CAN SPECIALIST PILATES ONLINE HELP ME?

Specialist Pilates Online provides a unique tool that can be used at home and tailored to your functional levels and work well to apply the principles of neuromuscular rehabilitation and neuroplasticity.

Exercise and rehabilitation is important to reduce sedentary lifestyles that can impact on the progression of some neurological conditions. Our exercise videos will help manage your condition because exercise is as important as your medications.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM

SPECIALIST PILATES ONLINE VIDEOS WILL:

- Help you take control
- Improve balance
- Improve mental health
- Help condition you for everyday tasks such as making meals, turning over in bed,
- Strengthen muscles
- Maintain general health and fitness
- Increase/maintain your joint mobility
- Help to improve sleep and reduce tiredness
- Reduces risk of falls
- Increase your heart rate to maintain cardiovascular fitness
- Improve mood
- Improve confidence and helps you feel empowered again

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM

- Help slow progression of symptoms
- Help re-educate your walking/ improve your current gait pattern and quality of movement
- Help co-ordination of movement
- Improve core trunk stability
- Help alleviate any pain and discomfort symptoms.

HOW MUCH EXERCISE SHOULD YOU AIM TO DO FOR NEUROLOGICAL CONDITIONS?

Aim to do the recommended 5 x 30 minutes of exercise a week (at your own level or pace that increases your heart rate) and if possible aim to do 2 sessions of strength and balance exercises at week.

E.g. if your symptoms are mild, aim for vigorous exercises choosing our moderate to advanced level exercise routines, under our 'Neurology' section in the drop down menu under channels. If your symptoms are severe or advanced, aim for 5 sessions a week of our Chair based routines

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS



NEUROLOGICAL DISORDERS GUIDE

SPECIALISTPILATESONLINE.COM

IS IT TOO LATE TO START EXERCISING IF MY SYMPTOMS ARE QUITE ADVANCED OR SEVERE?

No, it's never too late to start exercising or start to push your limits so you can do more, regardless of symptom severity. **We advise you to start small and pace yourself** to build up your tolerance to exercise over weeks to months, especially if you have never exercised before or if you haven't exercised properly for a long time.

If you are new to exercise or if your symptoms are limiting the amount you can do, just perform a short video for a few minutes at a time (no more than 5 minutes), stop, rest, wait until the next day to see how you feel and then think about starting to do some more. This approach will actually work really well and **build your tolerance to exercise in a controlled way.**

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT