



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM



AUTHORS

This guide has been written by our Specialist Pilates Online Physiotherapists based on their clinical experience and specialist background training.

They are passionate about evidence-based practice.

With supporting evidence from, and thanks to:

Age UK

National Institute of Clinical Excellence
Chartered Society of Physiotherapy

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

Are you aged 65 years and over?

Are you suffering with age related aches and pains and struggling to live a healthy retirement?

Is your balance not as good as it used to be?

If the answer is YES to the 3 questions above, there is extensive research supporting the importance and benefits of Physiotherapy and Pilates to maintain good health in retirement.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM



HOW WE CAN HELP

Our Specialist Pilates online videos have been uniquely designed by **Specialist Physiotherapists**. They have clinical experience working alongside experts, consultants, and GPs, regularly prescribing safe and effective exercise to help **prevent or delay the need for surgery in older age**.

Our videos will help you build muscle strength, preserve joints, help overall balance, improve fitness and mobility, thereby enabling you to live your best life in retirement.

Specialist Pilates Online will help you manage and prevent common age-related conditions that can affect people over the retirement years.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

WHY IS STRENGTH AND BALANCE SO IMPORTANT AS WE AGE?

We need good balance and strength to reduce our risk of falling and to prevent spraining our joints, such as our ankles. As Physiotherapists, we often see people aged 65 and over with chronic lateral ankle sprains and effusion (puffiness around their ankles) due to poor balance, underlying ankle weakness, lack of exercise and dehydration.

IF YOU DON'T USE IT, YOU LOSE IT?

Yes that's definitely correct with regards to muscle strength. Did you know that between the age of 50 and 70 we lose around 30% muscle strength if we don't exercise!

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

HOW DO I CARE FOR MY BONES IN RETIREMENT?

As we age our bones become more brittle, meaning we are more at risk of a fracture as we age. In fact, **by the time we are 40, bone cells get broken down more quickly than they are replaced**, so our bones begin to lose their density.

Menopause, hormone treatments, treatments for long term conditions (such as chemotherapy treatments for cancer) can lead to a greater risk or faster progression of bone loss, leading to the earlier development of Osteoporosis.

Ensuring you conduct safe, gradual and tailored weight bearing exercises, such as our Specialist Pilates online videos, can prevent worsening and improve your bone health over time if performed regularly. **You may also want to consider taking a vitamin D supplement alongside exercise but always check with your GP first before taking anything.**

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

WANT TO AVOID A KNEE OR HIP REPLACEMENT?

Our Specialist Pilates Online programmes can help build up muscle strength around your knees, hips, ankles and lower back gently and effectively to preserve and protect your weight-bearing joints.

By building up your muscle strength, you can reduce ground force and help cushion the load going through your joints as you walk, jog and run.

People over 65 are often unsure about how to exercise safely with a joint replacement or often concerned about upsetting any arthritic symptoms. We have addressed, and tried to eliminate, these concerns by designing our Specialist Pilates Online videos to guide you, starting with beginner level videos and building up your strength slowly over time. Lots of patients pick their favourite videos that help manage their symptoms and perform them on a daily basis as part of their routine.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

WHY DO MY JOINTS ACHE IN THE DAMP/COLDER WEATHER?

Painful arthritic joints are sensitive to the weather. Joints can feel worse just when the atmospheric pressure drops, such as when it's about to rain, this is why joint pain is often linked with damper colder conditions.

Exercise and warmth will help ease joint pains, try performing your Specialist Pilates online videos little and often in a warm room for extra comfort.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

ARE YOU GETTING UP MORE FREQUENTLY TO GO TO THE TOILET AT NIGHT?

It is common for people aged over 60 years to experience urinary incontinence or frequency problems, but **this doesn't mean you have to live with it.**

One reason this can happen is not regularly training your pelvic floor muscles, whether you are male or female, as they will naturally weaken over time if you do not train them. **Our videos help to retrain your pelvic floor muscles effectively and efficiently.**

It is also advisable to check with your GP as to reasons why you might be experiencing urinary incontinence in case further investigations are also necessary.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT



SENIORS GUIDE

SPECIALISTPILATESONLINE.COM

DO YOU KEEP FALLING?

Did you know?

- 1 in 3 people over the age of 65 will have a fall this year.
- The majority of falls can be prevented. Often a fall is a warning symptom that something isn't quite right, but is often something that can be treated.

7 most common reasons a person might fall or be at risk of falling:

- **Not being as physically active as exercise guidelines suggest** (30 minutes of moderate activity 5 times a week, or 150 minutes a week)
- **Dehydration**
- **Medication(s)**. Has your GP checked your medications lately in case this needs reviewing or modifying?
- **Feeling dizzy** with walking or when standing up
- **Fluctuations in blood pressure**
- **Feeling generally weaker when standing up from a chair**
- **Suffering with long term conditions** such as Parkinson's, heart disease, strokes, arthritis, dementia, COPD or cancer.

 @SPOVIDEOS

 FACEBOOK.COM/SPOVIDEO

 @SPOVIDEOS

A RIBBON HEALTH LTD PRODUCT