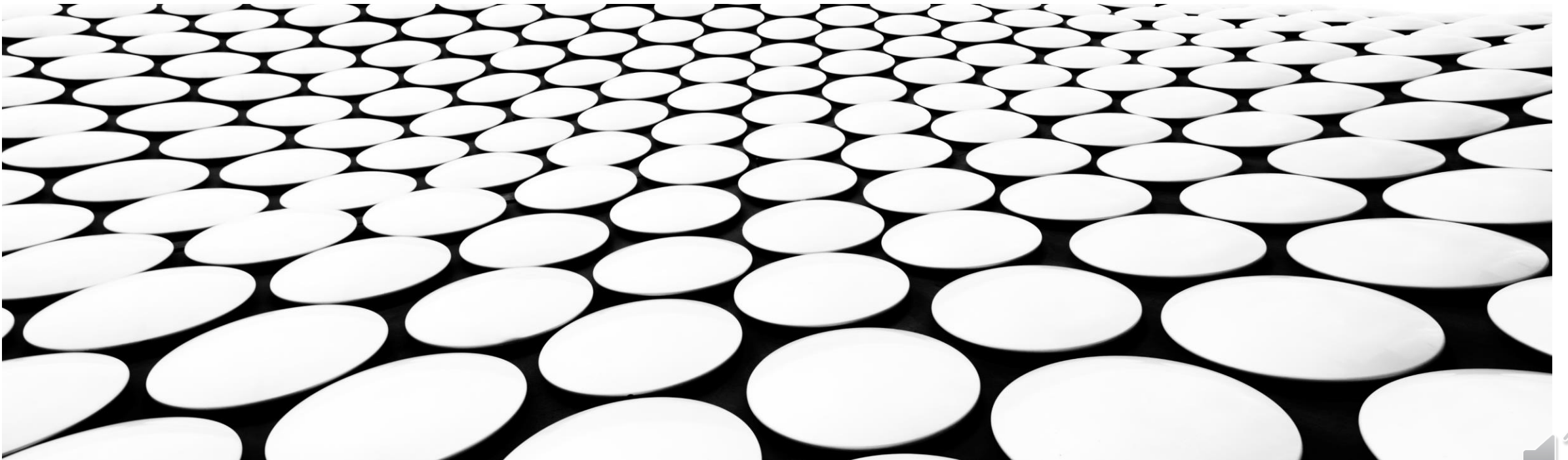

THE CAREGIVING EXERCISE SPECIALIST

TAKING CARE OF THE CAREGIVER



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- Being a Caregiver or a Professional Athlete require both Physical and Mental Preparedness and Toughness. The Caregiver is therefore in need of physical and mental care and training him- or herself just like LeBron and Kobe.
- This final lecture is trying to help you prepare yourself for the many physical and mental challenges that come with being a Caregiver, and help you prevent physical injury and mental burn-out.





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- Common Injury Risks for the Caregiver

1. Exposure to Feces, Blood and Needles,
2. Head Injuries due to slip and falls,
3. Cuts and bruises due to physical abuse (most commonly when caring for a Dementia Patient)
4. Back, Neck and Shoulder Injuries due to heavy lifting and improper lifting or transfer technique

This Session focuses on reducing the risk for injuries described in #4



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- Proper Lifting and Transfer Techniques
 1. Check with your employer for Training and Instructions regarding patient transfers
 2. Family Caregivers please consult the internet for instructions on proper training in positioning and ergonomic lifting procedures and helpful transfer equipment available.



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- **The best Injury Prevention is to Stay in Shape**

“One of the best ways to protect your back is to strengthen your trunk’s core muscles, which will give your spine more support and help prevent back sprains and strains. Caregiving itself is very physically demanding, so exercise regularly, eat healthy, and get 7 to 8 hours of sleep daily to keep your body in good physical condition.”

(<https://cranberryhomecare.com/injury-prevention-home-safety/protect-yourself-from-caregiver-injuries/>)



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- Preventing Neck Injuries

1. Chin Tuck

Repeat slowly 10 times

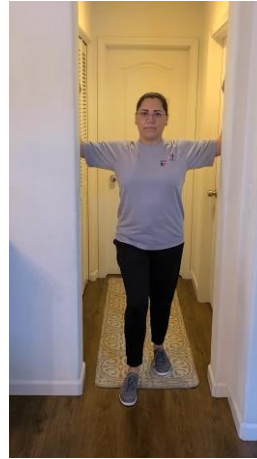
2. Wall Angels

Repeat slowly 10 times



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- Preventing Neck Injuries
- 3. **Levator Scapulae Stretch**
Hold Stretch for 15-30 seconds, stretch twice each side
- 4. **Door Chest Stretch**
Hold Stretch for 15-30 seconds, repeat twice
- 5. **Prone Cobra**
Hold Stretch for 15-30 seconds, repeat twice



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- Preventing Shoulder Injuries

1. Shoulders I's – Y's – T's

1-2 Sets of 5 Repetitions of each. Hold position 3-5 seconds



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- Prevent Shoulder Injuries
- 2. Internal and External Rotation
 - Place towel between elbow and torso to avoid impingement.
 - 1-2 Sets of 10-15 Repetitions each side



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- Preventing Shoulder Injuries
- 3. Dump The Can V
1-2 Sets of 10-15 Repetitions
- 4. Lateral Raises
1-2 Sets of 10-15 Repetitions
- 5. High Back Row
1-2 Sets of 10-15 Repetitions



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- Preventing Shoulder Injuries
- 6. Rhomboid/Rotator Cuff Stretch
Hold Stretch 15-30 seconds and repeat twice each side
- 7. Chest Expansion with Towel
Hold Stretch 15-30 seconds and repeat twice



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- Preventing Shoulder Injuries
8. Eagle Arms & Spinal Roll
Repeat 3-5 times each side
 9. Thread the Needle
Hold Stretch for 15-30 seconds and repeat twice each side



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- Preventing Back Injuries
Hold each plank 10-30 seconds. Repeat for 3-5 times

1. Prone Plank Progression:

- a. Elbows and Knees
- b. Elbows and Toes
- c. Elbows and Toes with alternate Arm Reach
- d. Elbows and Toes with Rotation



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- Preventing Back Injuries

- 2. Side Plank Progression

Hold each plank 10-30 seconds. Repeat for 3-5 times each side

- a. Elbow and Knees
- b. Elbow and Top Leg Crossed
- c. Elbow and Long Split Legs
- d. Elbow and Long Legs Stacked



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- Preventing Back Injuries

- 3. Bridging Progression

- a. Double Leg – Dynamic
1-2 Sets of 10-15 Repetitions
- b. High Step Marching
2 Sets of 15-30 seconds
- c. High Step Marching with Arm Extension
2 Sets of 15-30 seconds
- d. Opposite Arm and Leg Extension
2 Sets of 15-30 seconds





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- Preventing Back Injuries

1. Cat and Camel

Slowly Round and Arch the Back 10-15 times

2. Rocking

Slowly move back and forth 10-15 times

3. Knee Sway

Slowly move knees sideways 10-15 times each direction



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- The Stress and Emotional Challenges brought on by Caregiving often lead to Depression and Burn-Out. Engaging in regular physical activities (at least on 4-5 days per week) like walking, cycling, swimming etc., and adding some form of meditative exercise i.e. Tai Chi, Yoga, Progressive Muscle Relaxation etc. can help reduce stress, anxiety and prevent burn-out, and help your overall physical well-being.



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- Aerobic Cardiovascular Activities such as walking, jogging, cycling, or swimming etc. should be done for 30 minutes 4-5 days per week at a moderate intensity. Aerobic Cardio-Vascular activities increase endorphin levels which help deal with stress, and anxiety, and enhance a positive mental outlook.



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- Yoga, Tai Chi, and Pilates

These forms of exercise are typically performed in a slow and fluent manner that have a relaxing effect on body and mind besides offering benefits to strength, endurance and balance.



Progressive Muscle Relaxation

- 1) Get comfortable— lie down, loosen any tight clothing, put pillow under your head or knees if you'd like.
- 2) Quiet your mind and focus on your body.
- 3) Tense for 5 seconds and then relax each muscle group as follows:

- Raise your eyebrows as high as you can
- Squeeze your eyes tightly shut
- Purse your lips together tightly
- Extend your arms alongside your body and clench your hands into fists
- Extend your arms towards the ceiling and push as if there was an imaginary wall there
- Bend your elbows and tense your biceps
- Shrug your shoulders up towards your ears
- Arch your lower back up off of the floor
- Tighten your abdominal muscles
- Tighten the muscles of your butt and hips
- Press your thighs together as hard as you can
- Flex your feet towards your body
- Curl your toes tightly

- 4) Focus on any muscles that may still be tense and repeat tensing and relaxation a few times for them
- 5) Be aware of how your body feels. Try to fix the feeling of relaxation in your mind so you can return to it when you need in the future.

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■ Progressive Muscle Relaxation (PMR)

is one of many Meditative Exercise Programs to choose from. I chose it because I think it's quite easy to learn, is physically active (versus self suggestive or mental focus) and offers direct bio feedback. PMR utilizes a rhythmic change of muscle contraction and muscle relaxation, working through the body from top to bottom, to promote a deep state of relaxation of body and mind.

You can find plenty of literature and websites instructing you on the “how to” of PMR just like the short sheet on this page.



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- Summation:
Please remember, only a Caregiver physically and mentally healthy and well can assist a patient or loved one in need of care. Make sure you budget time (30-60 minutes) for self care into every day of the week.

I am wishing you the physical and mental fitness needed to be ready for the many challenges you are facing in your every day life as a Caregiver. Thank you for all you do!

In good health,

Hartmut Broring – M.S. Physio-Therapy



QUIZ

1. Name the most common risk factor for the caregiver he/she can address through regular exercise?

Exposure

Slips and Falls

Cuts and Bruises

Neck, Shoulder and Back Injuries