

IMG PHYSICAL THERAPY

805 N RICHMOND STREET, SUITE 103, FLEETWOOD, PA 19522

PHONE: 610-944-8140 FAX: 610-944-8190 IMGPT.COM

CHRISTOPHER GORDOS, DPT

ERIC PARRISH, MPT

EXERCISES FOR MEMORY LOSS

Directions:

- Below is a walking program for aerobic exercise, as well as upper and lower body resistance (strengthening) exercises.
- Performing all exercises may provide the best benefit to be able to perform your daily activities, improve your memory and cognition, and prevent injury.
- You should perform the aerobic and strengthening exercises 3-5x/week.
 - Start with 2-3x/week, and progress to 5x/week as you feel your endurance and strength improving.
- For the strengthening exercises (unless otherwise stated below):
 - Start with 1 set of 8 reps
 - Once this is easy, progress to 10 reps, and then to 12 reps
 - Once you have achieved 1 set of 12 reps with ease, perform 2 sets of 8 reps
 - Then progress back up to 12 reps
 - Once you have achieved 2 set of 12 reps with ease, perform 3 sets of 8 reps
 - Then progress back up to 12 reps
 - If 3 sets of 12 reps becomes easy, you can progress up to 20 reps per set, but do not go beyond 3 sets of 20 reps
- See below for further details for aerobic exercise.
- You can add a cognitive task to any of the exercises (walking and strengthening exercises) to increase the challenge (i.e. name types of animals/fruit/people, count forwards/backwards by 2/3, etc.).
- You may feel a soreness or achiness after performing the exercises, especially when first starting to exercise.
- You should NOT feel sharp pain anywhere. If you do, stop exercising and call us at 610-944-8140.
- Grab an exercise partner to make it more enjoyable! ENJOY! ☺
-

If you have any questions or concerns, please feel free to contact us here at IMGPT, 610-944-8140, at any time!

AEROBIC EXERCISE

WALKING PROGRAM

Find a safe place indoors/outdoors to walk. Be sure to use any assistive devices (i.e. cane or walker) if necessary to maintain your balance. If available, grab a walking buddy to come along.

End goal: 3-5x/week

Duration **end goal:** ≥ 2 hours/week total

Intensity **end goal:** 70-85% max HR or 13-15 on RPE (see below)

Begin by walking 2-3x/week, and then slowly progress to 5x/week. You should break up the total time of ≥ 2 hours/week into smaller increments per walking session (i.e. 4, 30 minutes sessions a week). It is recommended that each walking session be no less than 20 minutes for greater benefit (unless physically incapable). See below for further directions on intensity.

How hard you should work (intensity):

Max HR:

Begin: 40-50% max HR

Goal: 70-85% max HR

**You can monitor your HR using a fitness watch*

Borg Rating of Perceived Exertion (RPE)

If you are **unable to monitor your HR** throughout your walking, you can use this scale instead, ranging from 6-20.

6= no exertion

7= extremely light (able to maintain pace)

9=very light (comfortable and breathing harder)

11= light (minimal sweating, can talk easily)

13= somewhat hard (slight breathlessness, can talk)

14 (increased sweating, still able to hold conversation but with difficulty)

15= hard (sweating, able to push and still maintain proper form)

17= very hard (can keep a fast pace for a short period of time)

19= extremely hard (difficulty breathing, near muscle exhaustion)

20= maximum exertion (total exhaustion)

To find your max HR, use the following formula:

max HR= 220-age

Next, to estimate what your target HR should be when walking based off the intensity (i.e. 60% max HR) you choose to work at, use the following formula:

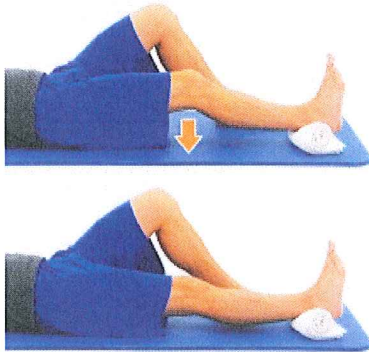
Target HR= [(max HR – resting HR) x % intensity] + resting HR

***You should SLOWLY increase the duration & intensity to be safe!**

***If you are unable to walk long distances, you can supplement the walking by using a stationary bike instead.**

LOWER BODY RESISTANCE EXERCISE

QUAD SETS



While lying on your back, straighten one leg and keep other leg bent. On the straight leg, tighten your top thigh muscle, attempting to press the back of your knee downward towards the mat. Hold for 10 seconds. Repeat on other leg.

Sets/reps: 1 set of 10 reps, progressing up to 2 sets of 10 reps.

GLUTE SETS



While lying on your back, squeeze your buttocks together and hold for 10 seconds.

Sets/reps: 1 set of 10 reps, progressing up to 2 sets of 10 reps.

HIP ABDUCTION Standing or Lying



While standing holding onto the back of a chair/counter, bring one leg out to the side, keeping your knee straight and toes pointed forwards the entire time. Repeat on other leg. (if unable to perform in standing, perform lying down instead)

HEEL RAISE & TOE RAISE

Standing
(with chair/counter for safety)



HEEL RAISE: While standing with your feet shoulder width apart, rise up onto your toes as you lift your heels off ground.

TOE RAISE: While standing with your feet shoulder width apart, raise up your forefoot and toes off the ground, while keeping your heels on the ground.

Sitting

(if unable to perform standing, you can perform while sitting instead)



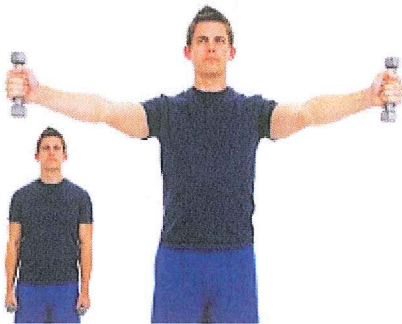
MINISQUATS



Place a chair behind you and position yourself with a table/counter in front of you for safety. While standing with your feet shoulder width apart, bend your knees and “act” as if you are going to sit back in the chair. Be sure to sit back and not to let your knees come forward past your toes. If you need to take a rest break, sit in the chair.

UPPER BODY RESISTANCE EXERCISE

SCAPTION



Start with hands down at side, and with your thumbs up raise both arms away from your side, so that your hands form a “Y” (halfway between directly in front of you and out to your side). Do NOT go past shoulder height. Start with no weight and add weight as exercise gets easy, starting with 1lb.

BICEP CURL



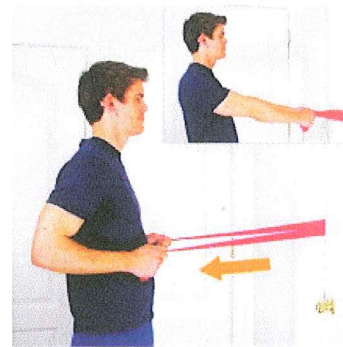
While sitting with your arm on your thigh and palm facing up, bring your hand towards your shoulder on the same side, and then slowly lower it back down. Repeat on other side. Progress to add weight when this is easy, starting with 1lb.

EXTERNAL ROTATION WITH TBAND



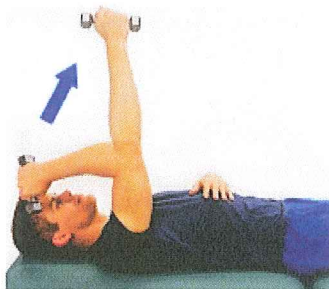
Holding elastic band in one hand and elbow bent, start with your hand near your stomach and then pull the band away, keeping your elbow at your side the entire time. Repeat on other side by turning around. Place a rolled up towel under your elbow.

ROW WITH TBAND



Holding elastic band in both hands, pull back the band as you bend your elbows, keeping your elbows near the side of your body, as if you were “rowing”.

TRICEP EXTENSION



While lying on your back, bring one arm up so your hand is towards the ceiling. While keeping your upper arm stable, slowly bend your elbow while lowering hand towards the table. Next, straighten your elbow back to the starting position. Start with no weight, and add weight as it becomes easy, starting with 1lb.