



## Getting Help

When you choose a Chartered Physiotherapist in Community Care you can have the peace of mind in knowing that you are being treated by a Physiotherapist who has a university degree qualification and is committed to the highest standards of ethical and clinical excellence.

## General Information

Chartered Physiotherapists in Community Care work in hospitals and in the community where treatment is covered under the public health service. They also work in private practice and can be contacted through the professional body, or through the Golden Pages.

Chartered Physiotherapy fees can be claimed back through VHI, Quinn-healthcare and Aviva Health. Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at [www.revenue.ie](http://www.revenue.ie).

### Irish Society of Chartered Physiotherapists

St. Stephen's Green, Dublin 2, Ireland  
Tel: (01) 402 2148 Fax: (01) 402 2160  
[www.iscp.ie](http://www.iscp.ie) [www.physicaltherapy.ie](http://www.physicaltherapy.ie)

Remember, with Chartered Physiotherapists you're in safe hands!

*More information can be found at [www.iscp.ie](http://www.iscp.ie) the Golden Pages or by contacting the ISCP at (01) 402 2148.*

# Is your Physiotherapist Chartered?



## Exercise for the Older Person



The Irish Society of Chartered Physiotherapists is providing the following information to advise you on Physiotherapy and Exercise for the Older Person.



Exercising through life is very important for our physical, emotional and mental health. As people get older they tend to become less active and exercise less. This can mean muscles can weaken more than they need to. Sometimes you may not realise that you are less fit or have got weaker and accept it as a natural part of ageing. No one can stop getting older but it is never too late to start exercising or increasing daily activity. People can see improvements when they undertake regular exercise at any age.

There are many tests that can be done to assess your fitness or strength. Your Chartered Physiotherapist can assess your balance, strength and endurance, which are all important for leading a healthy independent life. You do not have to be in pain to benefit from Physiotherapy and any problems undertaking activity is an indication that a Chartered Physiotherapist may be able to help.

There are some easy tests you can do yourself at home that can let you know whether you need to undertake an exercise programme designed by a Chartered Physiotherapist.

- Sitting in a chair, try to stand up without using your hands to push up from the arm rests. If you cannot do this it may be due to weakness in your thigh muscles and you may benefit from having an exercise programme designed for you by your Chartered Physiotherapist.
- Another easy test is to measure out 3 metres on the ground in front of your chair. A meter is approximately the length of a healthy adult's stride. Sitting down, ask a person to time you as you stand up from the chair, walk the 3 metres, turn around to walk back to the chair and sit down. You should be able to do this in less than 20 seconds.

It is recommended that you carry out moderate intensity exercise at least 5 times a week for 30 minutes. You should feel breathless during moderate intensity exercise but still be able to hold a conversation. Exercise should be varied so that many different parts of the body are involved and can include brisk walking, gardening, yard work, house-work, stair-climbing and active and recreational activities such as dancing. Exercise can be performed in blocks of 10 minutes to accumulate to the daily target of 30 minutes.

## Before commencing exercise

It is important to discuss with your GP before commencing exercise, especially if you have previously been inactive. The benefits of exercise at any age outweigh many risks.

We are better able to manage any health issues that arise in older age if we are doing appropriate exercise and are living actively. Exercise works best when it is sociable, enjoyable and therapeutic.

The benefits of exercise include:

- Decreased risk of coronary heart disease
- Decreased blood pressure
- Decreased cholesterol levels
- Decreased obesity and obesity-related diseases e.g. diabetes
- Can help manage osteoporosis
- May prevent or delay cognitive decline
- May reduce or prevent depression

Your Chartered Physiotherapist can provide an exercise programme to suit your specific requirements and/or condition. It is important you seek early advice from your Chartered Physiotherapist so you exercise safely.

Contact your Local HSE health office for details of your local physiotherapy service.

