Exercise in Place: Part 2

Information to help guide your local physical and occupational therapy teams and various exercises for myositis patients and how to modify them.

An MSU webinar with

Megan and Lauren, Occupational Therapy
Fin and Ruben, Physical Therapy
Myositis Support and Understanding (MSU)

MSU is an all-volunteer, patient-centered nonprofit organization founded by myositis patients for myositis patients and caregivers. We work to improve the day-to-day lives of those impacted by myositis.

Learn more at: UnderstandingMyositis.org
Welcome back to MSU our speakers for today’s session, all who have joined us for past #MyositisLIFE video sessions, including part 1 of Exercise in Place.

**Occupational Therapy**
Megan McGowan
Lauren Burgess

**Physical Therapy**
Fin Mears
Ruben Pagkatipunan Jr.

*with the Johns Hopkins Myositis Center*
Question

Resources in the next slides refer to the question:

When I am ready to go back to physical therapy, what should be included in a physical therapy evaluation?
## PT Functional Outcome Measures Used in Myositis

<table>
<thead>
<tr>
<th>DM/PM</th>
<th>IBM</th>
<th>Necrotizing Myopathy</th>
</tr>
</thead>
<tbody>
<tr>
<td>· TUG</td>
<td>· TUG</td>
<td>Same as DM/PM</td>
</tr>
<tr>
<td>· 6 MWT</td>
<td>· 2 MWT/6MWT</td>
<td></td>
</tr>
<tr>
<td>· Sit to stand tests: (Five Times Sit to Stand/ 30 secs sit to stand)</td>
<td>· Five Times Sit to Stand or 30 sec sit to stand (depends on severity of quad weakness)</td>
<td></td>
</tr>
<tr>
<td>· Functional Index-2</td>
<td>· Timed Stair negotiation</td>
<td></td>
</tr>
</tbody>
</table>
Functional Index-2: Assessment tool for measuring muscle endurance for PM/DM

1. **Shoulder flexion**
Sit on a chair without back support with 1 kg weight cuff around wrist. Start with the right arm. Perform as many repetitions as possible, then switch sides.

2. **Shoulder abduction**
Sit on a chair without back support. No weight cuff around the wrist. Perform as many repetitions as possible, then switch sides.

3. **Head lift**
Lying on a bench with horizontal head support. No pillow. Lift the head as much as possible. Perform as many repetitions as possible.

4. **Hip flexion**
Lying on a bench, pillow under head. Straight leg raise (heel 40 cm from bench). Perform as many repetitions as possible, then switch sides.

5. Step test
Use a 25 cm high stool (40 cm from the wall). Put one hand on the wall for balance support. Climbing using right leg, descending using left leg. Perform as many repetitions as possible, then switch sides.

6. Heel lift
Stand with one hand on the wall for balance support. Lift the heels at least 1 cm from the floor.

7. Toe lift
Stand with back and hips against wall for balance support. Heels 15 cm from wall. Lift the toes as high as possible. All metacarpo phalangeal joints must lift from floor.

Resources in the next slides refer to the question:

Should I include cardio exercise and if so, how?
<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
<th>Rating Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No exertion</td>
<td>To rate your perceived exertion after an exercise session, just register the number that you feel best represents your experience</td>
</tr>
<tr>
<td>0.5</td>
<td>Extremely weak (light)</td>
<td>Lower number correspond to lower exertion, while higher number describes a higher level of exertion</td>
</tr>
<tr>
<td>1</td>
<td>Very light</td>
<td>The anchor words are there to help, and you can always use numbers without an anchor word. For example: a 6 corresponds to an experience of exertion that is stronger than a 5, but not exerting enough to be described as a 7.</td>
</tr>
<tr>
<td>2</td>
<td>Light</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Somewhat strong</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Strong (heavy)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Very strong</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
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<tr>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Extremely strong (almost maximal)</td>
<td></td>
</tr>
</tbody>
</table>
How to calculate estimated maximal heart rate

- You can calculate your estimated maximal heart rate: 220-age and then you can calculate on which range of heart rate you need to be to improve aerobic capacity.

- Example: a person who is 45 years old: 220-45=175 (estimated maximal heart rate). Then I need to calculate my range of heart rate for exercise session: 175 x 0.5 = 87.5 and 175 x 0.7 = 122.5 (heart rate range during exercise should be: 87.5 – 122.5).

- Check your heart rate manually or by using heart rate monitor

Source: Myositis Support and Understanding webinar “Exercise as a treatment for myositis” by Helene Alexanderson, May 21, 2019
Contact Information

WAYS TO CONNECT WITH MSU

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