

Exercise is Medicine; Why Dizziness doesn't stop this!

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Session Summary

- About me
- Why Exercise
 - Types of exercise and Australian guidelines
- Habituation
 - Adapting to your exercise
- Goal setting and Motivation
 - SMART goals
- Questions



About me!

- Exercise Physiologist – specialising in vestibular rehabilitation and neurological conditions for the last five years
- Life! Program Facilitator – education for lifestyle behaviour change for the management of chronic conditions
- Lover of all things moving – passionate about helping people move the way that makes them feel at their best!





Why Exercise?

- Exercise continues to be identified as a key component in the prevention and management of many complex and chronic conditions
- When we become more sedentary, our risk of developing other chronic conditions is heightened drastically
- This is even more true if you have a strong family history of some conditions (e.g. diabetes, cardiovascular disease, osteoporosis)
- Being dizzy unfortunately doesn't change our risk of this, yet we are often told to stop moving in an effort to improve our symptoms

Types of Exercise

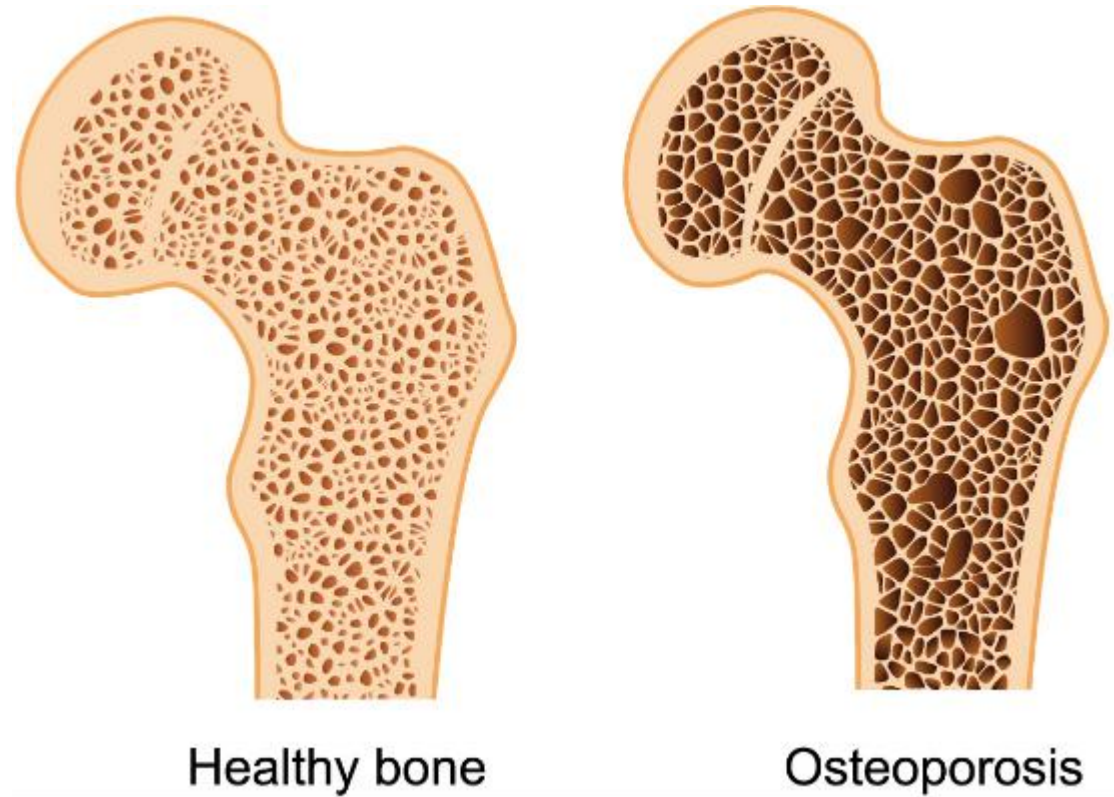
There are so many ways to exercise! Let me talk you through how some help us in different ways

- Aerobic exercise
 - E.g. walking, running, cycling, swimming, dancing
 - improves cardiovascular adaptations that increase peak oxygen consumption = improved cardiovascular function and reduced blood pressure
 - Body fat reduction through use of fat stores for energy during exercise
- Resistance exercise
 - E.g. body weight exercises, weight training, plyometric exercise
 - improves neuromuscular adaptations that increase strength
 - Improved lean body mass meaning you use more energy with each movement you make

Bone Health

Resistance Training can:

1. ↑ Muscle mass
2. ↑ Muscle endurance
3. ↑ Weight bearing ability = ↑ Bone density = ↓ Chance of Osteoporosis



Generally speaking, how much?

Current Australian Physical Activity

Guidelines recommend:

- Minimum of 150 minutes of moderate intensity aerobic exercise each week
- 2-3 strength training session
- Mobility or stretching on most days

But how can I do this when I'm managing vestibular conditions? Habituation!

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Let's presume you've completed some basic vestibular rehabilitation.

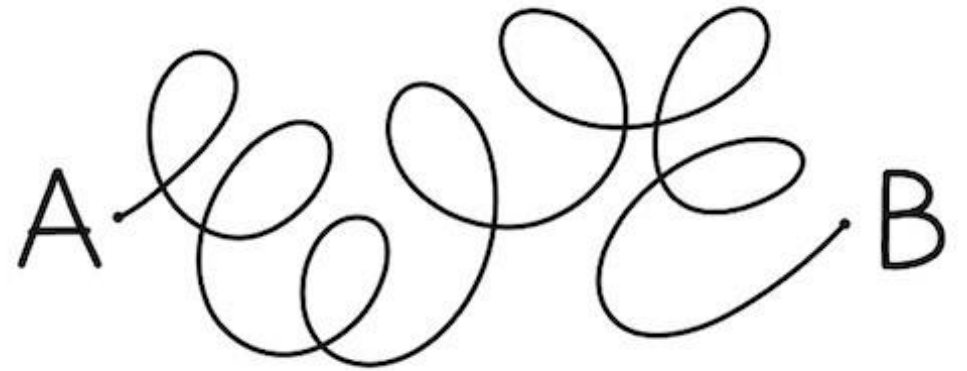
- What are you still avoiding?
 - Why? Does it trigger symptoms every time?
- How can we have you system understand these movements and feel less threatened by them?
 - Have you tried changing how much of these movements you do?
- How can that then become an exercise?
 - What can we select that allows you to repeat it enough without significant irritation?



Habituation

Daily Habituation

- Habituation will occur with anything you repeat steadily overtime.
- Can you think of any tasks around the house which are much better tolerated than they used to be?
- Can you think of any which may still be an issue?
- How can we reverse engineer that task to allow you to habituate to it in a steady way
- Daily habituation will give you the best results and allow for the least amount of irritation IF you have the right 'prescribed' amount



Example - Swimming

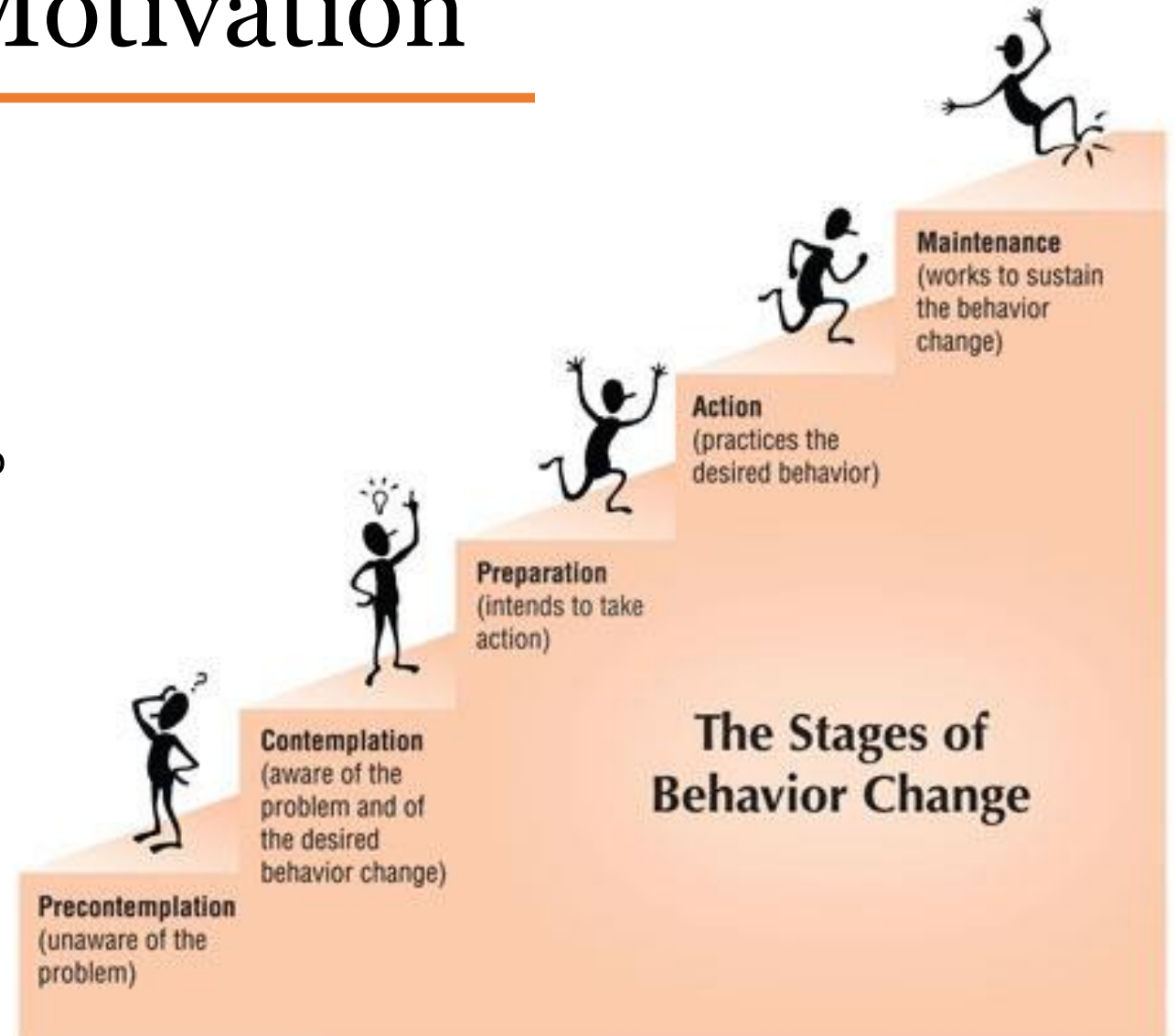
Consider lap swimming. As you've moved through rehabilitation, you've been able to get back to using a kickboard to swim some laps. Every time you try to get back into freestyle laps, you end up extremely unwell later that afternoon.

- What is causing it?
 - Most likely the right or left movements of your head.
- Have you completed that movement outside of the water?
 - If you try it, how does it feel?
- Can we start with 10-20 repetitions of head turns with your head parallel to the floor and see if there are symptoms stirred?

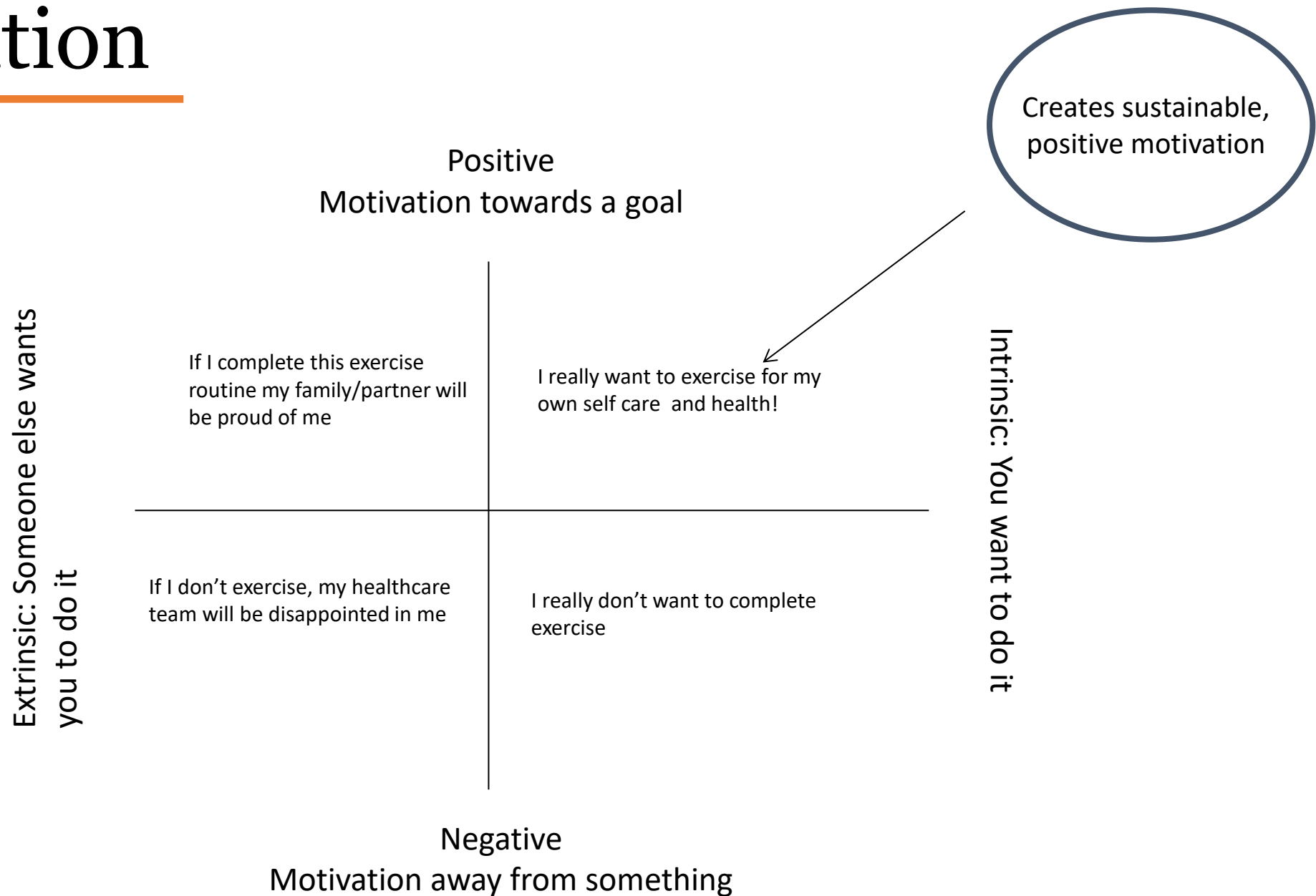


Goal Setting and Motivation

- We all need to start somewhere, so let's set some goals
 - Consider something you'd like to get back to
 - Why? Having an emotional connection is important for compliance!
 - Are there any barriers?
 - How can we commence habituation
 - What part of this tasks might be the trigger for your symptoms?



Motivation



Goal Setting

- Make it SMART
 - Specific
 - Measurable
 - Attainable
 - Realistic
 - Time-bound





How to exercise with dizziness

- Pick something you love and set a starting goal
- Learn how you're impacted by it
- Gradually increase your exposure to the movement patterns to allow habituation
- Consider the environments in which you complete these tasks
- Aim to achieved our physical activity guidelines to minimise your risk of other chronic conditions



Questions