

# Home exercise program in IBM

*Johnson LG et al. J Clin Neuromusc Dis 2007;20:1242-48*

*Johnson LG et al. J Clin Neuromusc Dis 2009;10:178-84*

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Exercises	Preintervention	Postintervention
1. Whole body		
Sitting to standing (from standard height chair with arms)	3 sets of 6/day	3 sets of 10/day
2. Upper limbs		
Biceps curls*	2 sets of 10/arm/day	2 sets of 10/arm/day
Shoulder presses*		
Seated rowing (Thera-Band)		
Wrist flexion/extension*		
3. Lower limbs		
Calf raises (on tiptoe)		1 minute 2/day
Calf stretches (against wall)		15–20 seconds 3/day
Vastus medialis (isometric)		
Ankle dorsiflexion		2 sets of 20/day
*Holding a 375-g can of food in each hand.		

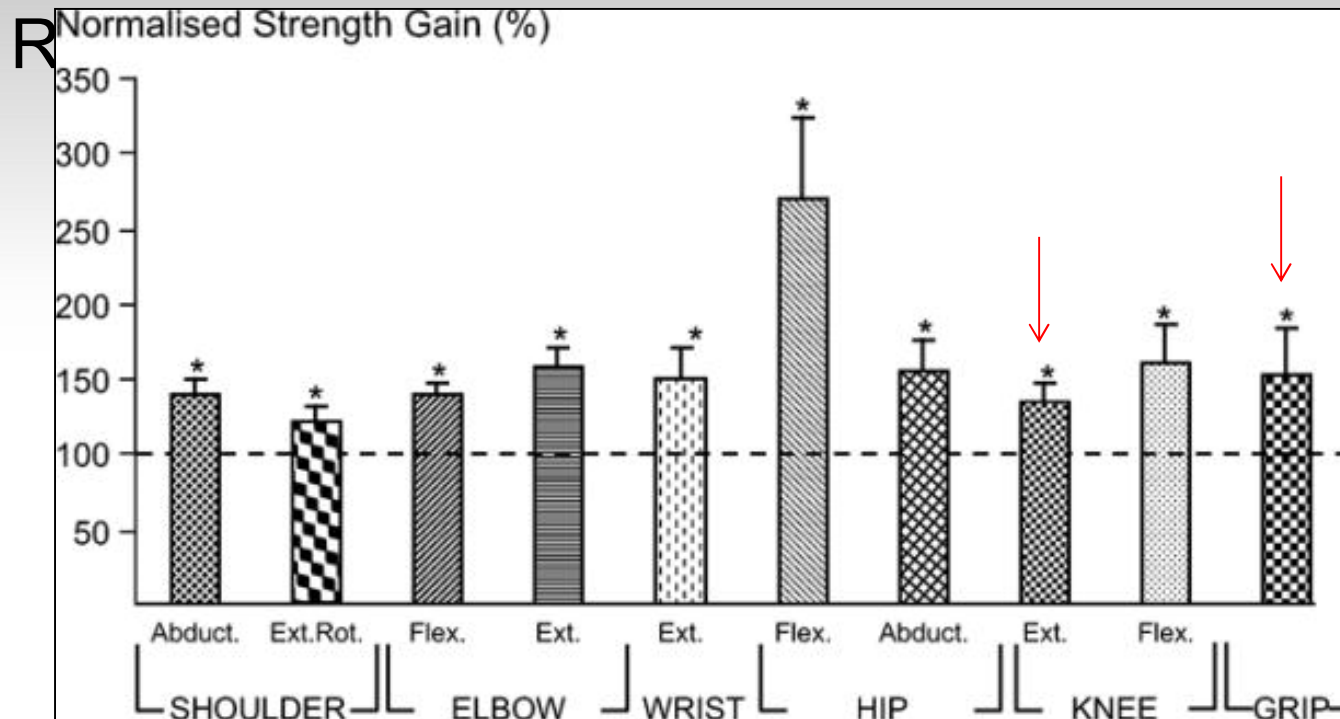
Exercises performed twice a day for 16 weeks

(Johnson et al. *Muscle Nerve* 2007;20:1242-48).

## This program can improve

- Muscle strength
- Ability to stand up from sitting
- Walking ability





Mean percentage change in patients (n = 7) muscle strength following the exercise intervention when compared to pre-intervention strength levels normalized to 100%.

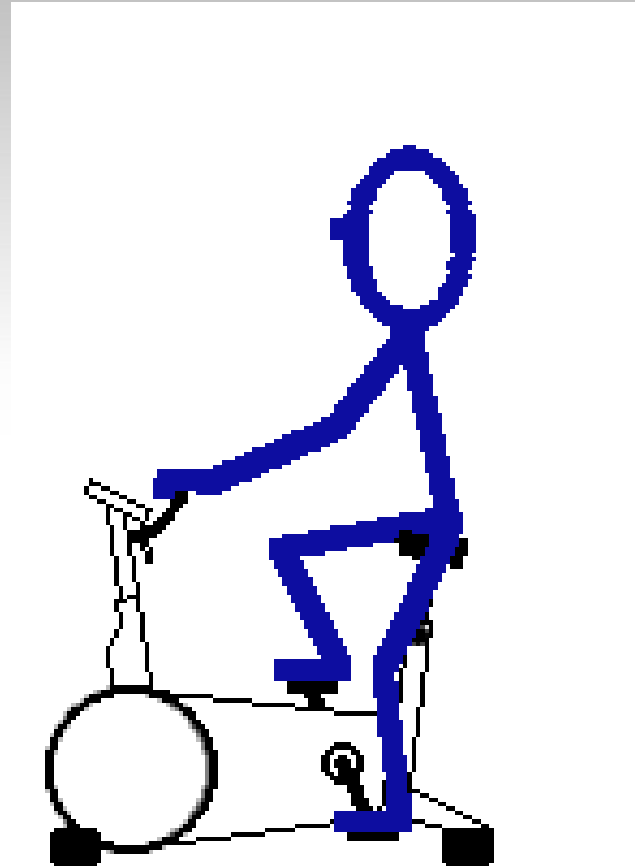
\*P > 0.05

(Johnson et al. Muscle Nerve 2007;20:1242-48).

Open study including 7 individuals with IBM

- **Exercise program**
- 3 times/ w, 12 weeks
- 30 min cycling (load of 80 % of  $VO_2$  max)
- Combination with IBM home exercise program

Can improve your aerobic capacity



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## Health benefits from regular physical activity

- Strong association between aerobic capacity and health! Both in healthy and in myositis
- Regular physical activity and exercise can:
  - Improve quality of life
  - Reduce risk of type II diabetes, osteoporosis and cardiovascular disease
  - Reduce high blood pressure
- Important as individuals with inflammatory rheumatic diseases are at higher risk of developing cardio-vascular disease



## Take home message

- Exercise should be designed individually and adapted to muscle weakness, pain or fatigue with regular follow-up
- After completing the 16-week home exercise, change into another program at home or in a training facility. When you are ready, start another 16-week home exercise period.
- If you have experienced increased muscle pain or muscle weakness after moderate-intensity exercise or physical activity before – initiate the program on lower loads and repetitions and follow-up often
- The program is most often well-tolerated, but clinical experience indicate that the program could lead to more symptoms in rare cases

Thank you for listening!



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