



## Exercise & Rehabilitation with Older Adults

Last reviewed December 2019

### Physical Activity is Medicine for Older Adults

<https://pmj.bmj.com/content/postgradmedj/90/1059/26.full.pdf>

This review aims to present clear guidance about the amount, type and frequency of physical activity for adults 65 and over to achieve health goals. The author discusses the measurement of physical activity, evidence regarding the health benefits of increased physical activity and the extent to which older adults achieve the suggested physical activity guidelines along with suggestions for improvement. (OPEN ACCESS)

### Exercise and Physical Activity for Older Adults

[https://www.bewegenismedicijn.nl/files/downloads/acsm\\_position\\_stand\\_exercise\\_and\\_physical\\_activity\\_for\\_older\\_adults.pdf](https://www.bewegenismedicijn.nl/files/downloads/acsm_position_stand_exercise_and_physical_activity_for_older_adults.pdf)

This position paper from the American College of Sports Medicine provides an overview of issues critical to understanding the importance of exercise and physical activity in older adult populations. (OPEN ACCESS)

### Effect of Structured Physical Activity on Prevention of Major Mobility Disability in Older Adults: the LIFE Study Randomized Clinical Trial

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4266388/pdf/nihms602072.pdf>

The authors describe a study aimed at testing the hypothesis that a long-term structured physical activity program is more effective than a health education program in reducing the risk of major mobility disability. (OPEN ACCESS)

### Promoting Activity in Geriatric Rehabilitation: A Randomized Controlled Trial of Accelerometry

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5001632/pdf/pone.0160906.pdf>

The aim of this study was to test whether activity levels can be increased by the provision of monitored activity data to patients and clinicians in the context of explicit goal setting. (OPEN ACCESS)

### Exercise and Older Adults

<https://www.sciencedirect.com/science/article/pii/S0749069017300800?via%3Dihub>

This publication reviews the prevalence of physical inactivity among older adults, chronic disease and effects of physical inactivity, the role of primary care and social determinants of health are also reviewed. Current physical activity guidelines and additional recommendations related to medications, nutrition, dehydration and injuries are included. (OPEN ACCESS)

## Exercise & Rehabilitation with Older Adults

### Exercise to Prevent Falls in Older Adults: An Updated Systematic Review and Meta-Analysis <https://bjsm.bmj.com/content/bjsports/51/24/1750.full.pdf>

This article describes a study aimed at proving whether or not exercise prevents falls in older adults and testing whether characteristics of the trial design, sample or intervention are associated with greater fall prevention effects. (OPEN ACCESS)

### How to Implement Physical Activity Evidence for Your Geriatric Patients with Falls or Fractures: A Case-Based Exercise in Knowledge Translation

<https://canadiangeriatrics.ca/2016/11/volume-6-issue-2-how-to-implement-physical-activity-evidence-for-your-geriatric-patients-with-falls-or-fracture-a-case-based-exercise-in-knowledge-translation/>

The authors use a case-based approach to applying exercise and physical activity recommendations for individuals at high risk for falls and fractures. (OPEN ACCESS)

### Prescribing Exercise Interventions for Patients with Chronic Conditions

<http://www.cmaj.ca/content/cmaj/188/7/510.full.pdf>

This article summarizes evidence regarding the benefits for using exercise for some key chronic conditions. The authors highlight key outcomes and provide a guide to implementing effective disease specific exercises. (OPEN ACCESS)

### Effects of Physical Exercise Interventions in Frail Older Adults: A Systematic Review of Randomized Controlled Trials

<https://bmccgeriatr.biomedcentral.com/track/pdf/10.1186/s12877-015-0155-4>

The purpose of this systematic review of randomized, controlled trials was to examine the exercise interventions to manage frailty in older people. (OPEN ACCESS)

### Systematic Review of High-Intensity Progressive Resistance Strength Training of the Lower Limb Compared With Other Intensities of Strength Training in Older Adults

<https://www.sciencedirect.com/science/article/pii/S0003999313002013?via%3Dihub>

This review examined the effect of high intensity progressive resistance strength training on strength, function, mood, quality of life, and adverse events compared with other intensities in older adults. (OPEN ACCESS)

### Strength and Endurance Training Prescription in Healthy and Frail Elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4037310/pdf/ad-5-3-183.pdf>

The aim of this review was to discuss the neuromuscular adaptations to strength training and the cardiovascular adaptations to endurance training in healthy and frail older adults. (OPEN ACCESS)

### Does Cognitive Impairment Affect Rehabilitation Outcome?

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1532-5415.2011.03658.x>

This prospective open observational study sought to assess how cognitive impairment affects rehabilitation outcomes and to determine whether individual benefit regardless of cognition. (OPEN ACCESS)

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### Effects of the Finnish Alzheimer Disease Exercise Trial (FINALEX)

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1678811>

This article describes a study that investigated the effects of intense and long-term exercise on the physical functioning and mobility of home-dwelling patients with Alzheimer's disease. The authors explored the effects on the use and costs of health and social services. (OPEN ACCESS)

### Rehabilitation in Patients with Dementia Following Hip Fracture: A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3321988/pdf/ptc-64-190.pdf>

This systematic review aimed to determine the current evidence for rehabilitation in patients with dementia who have had a hip fracture including those living in continuing care. (OPEN ACCESS)

### Benefits of Physical Exercise Training on Cognition and Quality of Life in Frail Older Adults

<https://academic.oup.com/psychogerontology/article/68/3/400/557671>

The authors of this study aimed to assess the effects of physical exercise training on cognition and quality of life in frail and non-frail older adults. (OPEN ACCESS)

### Effects of Physical Exercise Interventions in Frail Older Adults: A Systematic Review of Randomized Controlled Trials

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4667405/pdf/12877\\_2015\\_Article\\_155.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4667405/pdf/12877_2015_Article_155.pdf)

The purpose of this systematic review of randomized, controlled trials was to examine the exercise interventions to manage frailty in older people. (OPEN ACCESS)

### Physical Activity in Older Age: Perspectives for Healthy Ageing and Frailty

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/pdf/10522\\_2016\\_Article\\_9641.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/pdf/10522_2016_Article_9641.pdf)

This publication investigates the predominantly sedentary lifestyles of older adults in the UK and how they can be encouraged to increase their activity levels, including possible risks and benefits. (OPEN ACCESS)

### Elderly Stroke Rehabilitation: Overcoming the Complications and Its Associated Challenges

<https://www.hindawi.com/journals/cggr/2018/9853837/>

This review summarizes the consequences of stroke in the elderly, predictors of stroke rehabilitation outcomes, role of rehabilitation in neuronal recovery, importance of stroke rehabilitation units, and types of rehabilitation resources and services. The authors discuss the challenges faced by elderly stroke survivors and potential strategies to overcome those barriers. (OPEN ACCESS)

### Rehabilitation Profiles of Older Adult Stroke Survivors Admitted to Intermediate Care Units: A Multi-Centre Study

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0166304>

The authors conducted a cohort study to identify potential profiles to analyze difference between profiles in functional improvement. (OPEN ACCESS)

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### Association Between Physical Therapy in the Emergency Department and Emergency Department Revisits for Older Adult Fallers: A Nationally Representative Analysis

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jgs.15469>

This article describes a study aimed at determining whether providing physical therapy services in the emergency department improves outcomes for older adults who fall. (OPEN ACCESS)

### Fall Risk Reduction in the Elderly Through the Physical Therapy Management of Incontinence

[https://journals.lww.com/jwhpt/Fulltext/2019/01000/Fall\\_Risk\\_Reduction\\_in\\_the\\_Elderly\\_Through\\_the.2.aspx#pdf-link](https://journals.lww.com/jwhpt/Fulltext/2019/01000/Fall_Risk_Reduction_in_the_Elderly_Through_the.2.aspx#pdf-link)

This article describes a study aimed at assessing the effectiveness of a focused evidence-based physical therapy intervention for urinary incontinence in older women on reducing the fear of falling. (OPEN ACCESS)

### Rehabilitation for People Living with Dementia: A Practical Framework of Positive Support

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5340348/pdf/pmed.1002245.pdf>

The author argues that we must think about rehabilitation beyond physical rehabilitation but include rehabilitation for those with cognitive impairments. (OPEN ACCESS)

### Rehabilitation in Dementia Care

<https://academic.oup.com/ageing/article/47/2/171/4627681>

This commentary discusses possible reasons for the resistance to accept multidisciplinary rehabilitation as a part of dementia care, and identifies the value of doing so for people with dementia, their families, and for health professionals. (OPEN ACCESS)

### Exercise-induced Neuroprotective Effects on Neurodegenerative Diseases: The Key Role of Trophic Factors

<https://pdfs.semanticscholar.org/caf9/d121e35721e6daa8c9a8ec8341e664dcdb8a.pdf>

The authors sought to explore the role of exercise-induced trophic factor enhancement in the prevention or delay of cognitive decline in patients with neurodegenerative diseases. (OPEN ACCESS)

### Promoting Brain Health Through Exercise and Diet in Older Adults: A Physiological Perspective

<https://physoc.onlinelibrary.wiley.com/doi/epdf/10.1113/JP271270>

This review discusses the effects of modifiable lifestyle behaviours on the brain and recent human trials. (OPEN ACCESS)

### Thinking-While-Moving Exercises May Improve Cognition in Elderly with Mild Cognitive Deficits: A Proof-of-Principle Study

<https://www.karger.com/Article/PDF/490173>

This article investigates the effect of exercises that directly combine cognitive and motor functions on visuomotor skills and general in elderly with various degrees of cognitive deficits. (OPEN ACCESS)