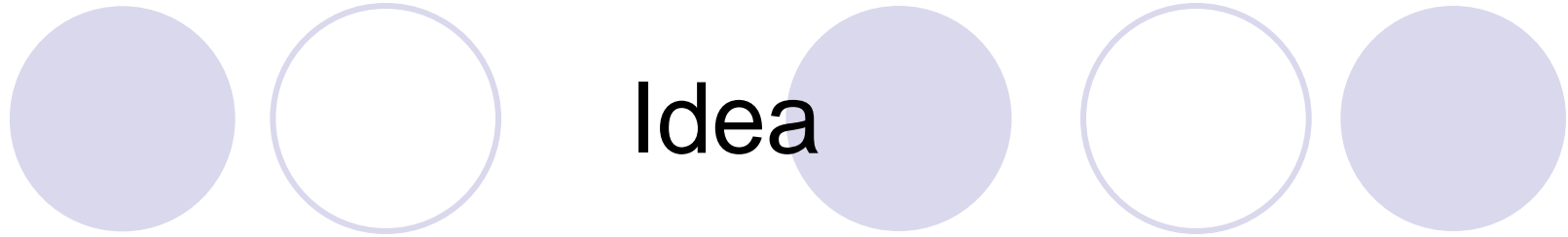


Strengthening for Over 60's Program

Merrin Moran
ACS Wagga Wagga



- Desire to introduce group programs into physiotherapy service
- Feature on 7.30 Report seen by manager
- Search through ABC archives
- Contacted St George Hospital
- ACS Manager and physiotherapist lobbied for approval
- Physiotherapist attended training workshop



- Equipment ordered (Special Purpose and Trust funds)
- Proposed classes promoted- GP's newsletter, media, word of mouth, notice boards
- Guest speaker opportunities at senior's group meetings
- Pamphlets designed and distributed throughout community and given to health service providers to distribute to clients



Program Content

- 10 week program aligned with school term
- Participants pay per term
- 1 hour class without rest
- Warm up for min 10 mins
- Cool down at end for 5 mins
- Free weights for UL and LL's
- Mats for trunk



Program Content

- ~ 3 UL exercises using Borg Scale to determine appropriate hand weights
- Stretches after each muscle group
- ~ 3 LL exercises using ankle cuffs
- Work one leg then change weight over
- Stretches at end of leg exercises
- Trunk exercises tailored to individuals ability



Examples of Exercises

- Biceps curls, triceps, abduction
- Upright row for shoulder girdle synergy
- Wall push ups, overhead press
- Hip extension, abduction, STS, lunges
- Calf raises, MRQ, hamstrings
- Abdominals, trunk ext, core stability



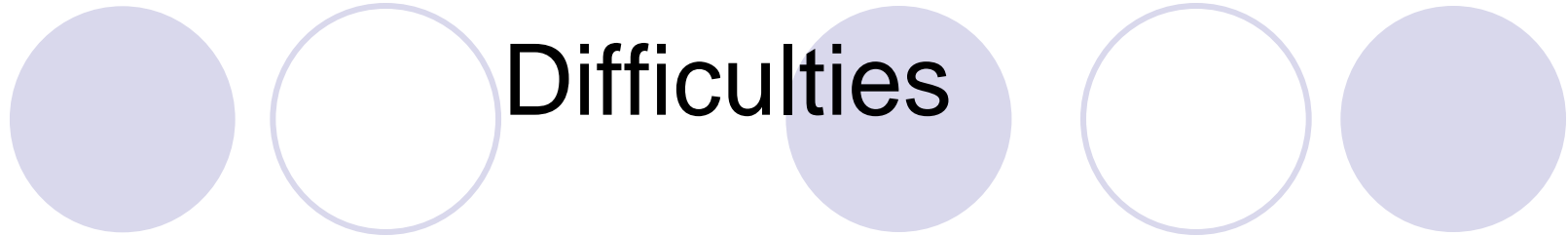
Implementation

- Physiotherapy out-patient service was closed
- GP's became familiarized with the program through completion of Medical Clearance forms
- Classes commenced and numbers steadily increased
- 2 follow up visits to Sydney for support in following year
- Photo exercise catalogue stored on computer



Current Program

- 5 classes per week
- Class for staff commenced last term
- Training workshop recently held in Wagga with 18 participants
- Physiotherapists from Wagga, Tumut, Cootamundra, Braidwood, Albury trained
- Program promoted through RDGP's Falls Prevention Project to all practices in Wagga



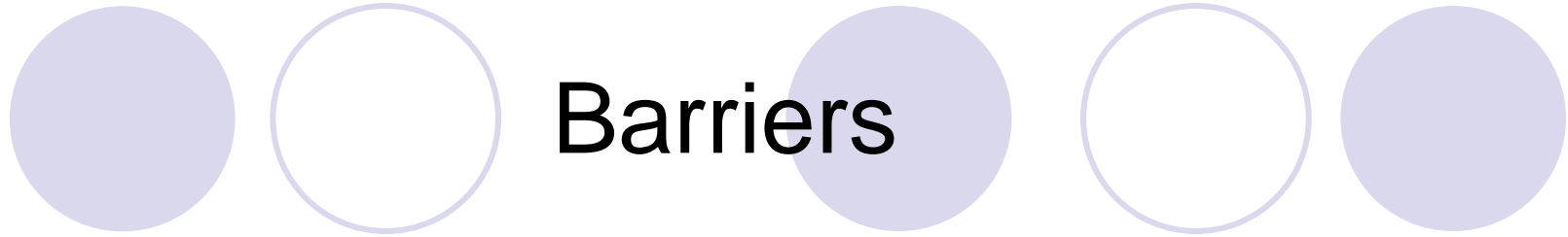
Difficulties

- Limited times available in Aged Care Services for expansion.
- Near saturation. Only one class has spaces.
- Late payments, late with re-registering
- Program is only one part of Wagga's Active Ageing Program and it is in need of a co-ordinator

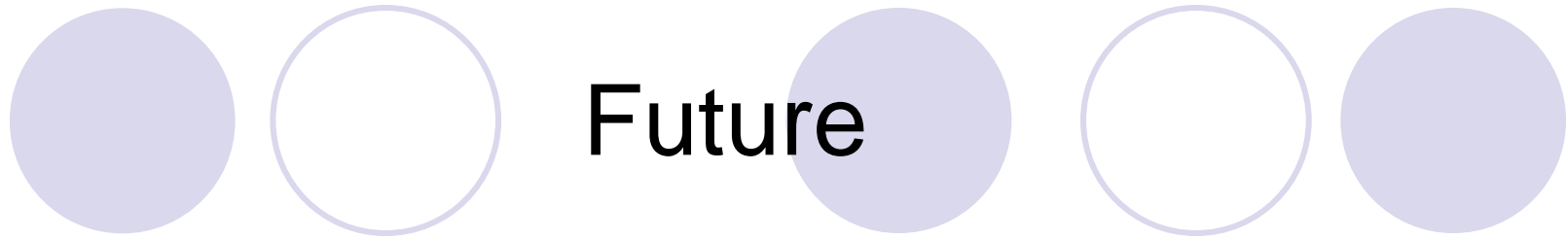


Difficulties cont.

- GP's not screening properly
- Make up classes previously redeemed over more than one term
- Having one instructor was an imposition on other staff when on leave or sick
- Class participants do not like finishing at 5pm when traffic is heavy.



- Limited staff support for administration duties and development
- Not able to allocate time to use the gym for a circuit class
- Perception that the Forrest Centre is a Nursing Home



- Program established in other locations in GSAHS
- Referral opportunities from Falls Clinics established in Temora, Cootamundra and Tumut
- Classes categorised - beginner, intermediate and advanced
- Programs conducted for specific conditions eg PD, OA, fibromyalgia

Class



Class



Class



Class

