



Exercise for Chronic Conditions

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<http://www.FitnessSolutionsPlus.ca/blog>

Osteoarthritis

- Definition: inflammation of the joints
- Risk factors:
 - Overweight
 - Previous injury
 - Poor posture
- Complications:
 - Osteonecrosis (bone death)
 - Bleeding inside the joint
 - Pinched nerves
- How to exercise (according to research):
 - Strengthening exercises for muscles surrounding the affected joint
- How to exercise (according to Igor):
 - Corrective training: identify and correct muscular imbalances
- What to expect:
 - Pain reduction
 - More energy
 - Improved strength
 - Improved posture

Osteoporosis

- Definition: weakening of the bones
- Risk factors:
 - Poor muscle strength
 - Gastrointestinal problems
 - Smoking

- Complications:
 - Spinal fracture
 - Loss of height
 - Poor posture
- How to exercise (according to research):
 - Power training: explosive concentrics, 4-second eccentrics
- How to exercise (according to Igor):
 - Combination of power training plus jumping.
 - Stage 1 (3-6 months): power training only
 - Stage 2 (another 3-6 months): power training + jumping on to something
 - Stage 3 (another 3-6 months): power training + jumping in place
 - Stage 4 (another 3-6 months): power training + jumping off of something
- What to expect:
 - Increased bone mass
 - Lower fracture risk
 - Improved strength and muscle tone
 - More energy

Hypertension

- Definition: high blood pressure
- Risk factors:
 - Overweight
 - Processed food
 - Too much stress
- Complications:
 - Heart attack
 - Memory problems
 - Vision loss
- How to exercise (according to research):
 - Aerobic exercise at light intensity, a minimum of 3 times per week
 - Submaximal isometrics (hand-grip), at 30% of the maximal voluntary contraction.
 - 4 sets of 2 minutes, 3 times per week
- How to exercise (according to Igor):
 - Submaximal isometrics, going about 60-70% of maximal duration.
 - 2-3 times per week
 - Aerobic exercise at light intensity, a minimum of 3 times per week
- What to expect:
 - Lower blood pressure
 - Possible reduction in medications

- Improved strength
- Improved endurance

Additional Resources

<http://www.fitnesssolutionsplus.ca/blog>

About the Presenter

Igor Klibanov has been selected as one of the top 5 personal trainers in Toronto by the Metro News newspaper, and now, he is the CEO of his own personal training company, Fitness Solutions Plus. Together, with his team of fitness professionals, he works with NDs to help their patients get better clinical outcomes.

Igor is a sought-after wellness speaker, having worked with RBC, Investors Group, Sunlife, IBM, and many others.

If you would like to learn more about Igor, visit <http://www.FitnessSolutionsPlus.ca>