



IRISH SOCIETY
OF CHARTERED
PHYSIOTHERAPISTS
The Voice of Physiotherapy in Ireland

General Information

Chartered Physiotherapists work as part of the Health Service Executive in the Community such as Primary Care centres and in Hospitals. Your local HSE Health Office will be able to provide you with contact details.

Chartered Physiotherapists also work in Private Practice. When you pay privately, your Chartered Physiotherapy fees can be claimed back through all leading medical insurance companies and Tax relief may be claimed by filing in the Med 1 form from the revenue commissioners at www.revenue.ie

Contact details for private Chartered Physiotherapists in your area can be located on the ISCP Irish Society of Chartered Physiotherapists website www.iscp.ie and your local HSE Physiotherapy department may also be able to provide you with contact details.

***Remember, with Chartered
Physiotherapists
you're in safe hands!***



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Irish Society of Chartered Physiotherapists

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www.iscp.ie www.physicaltherapy.ie

More information can be found at www.iscp.ie
or by contacting the ISCP at (01) 402 2148.

Is your
Physiotherapist
Chartered?

Exercise for the Older Person



The Irish Society of Chartered Physiotherapists
is providing the following information to advise you
on Physiotherapy and Exercise for the Older Person.



Why exercise?

Exercise is proven to be effective in improving your physical, emotional and mental well-being. Exercise helps to add years to life and life to years by enhancing your independence and quality of life.

The benefits of exercising as an older person are numerous and include:

- Decreased risk of coronary heart disease
- Decreased risk of high blood pressure
- Decreased risk of high cholesterol
- Decreased risk of obesity and diabetes
- Enhanced management of osteoarthritis and osteoporosis
- Enhanced management of fatigue
- Enhanced posture
- Decreased risk of falls
- May decrease the risk of cognitive decline
- May reduce risk or prevent depression

Why exercise as an older person?

Although some functional decline is a natural part of the ageing process many complaints such as weakness, stiffness, poor balance, poor posture and decreased mobility can be improved with exercise. As Chartered Physiotherapists we see that many older adults become less active than they need to be as they are unsure of the correct type of exercises to do safely and because there is a culture of inactivity in Older Adults in Ireland. Research now proves that if you don't use your muscle strength and your flexibility you will lose it so it is really important that you maintain your fitness and function as much as possible.

It's important to remember that in addition to the health benefits of exercise it can be great fun, inexpensive and a way to meet new people and socialise in a positive environment. It is

recommended that Older Adults achieve 30 minutes of exercise for at least 30 minutes 5 days per week. Exercise can include day to day activities at home such as gardening, house work, climbing the stairs, rising from the chair as well as going swimming, dancing, playing golf, going for outdoor walks or to the gym. You should feel breathless but still be able to hold a conversation as you exercise. Your Chartered Physiotherapist can assess you and provide you with an exercise programme that is safe and tailored to meet your specific needs.

Before you start to exercise

It is important to discuss with your GP before you start to exercise, especially if you have been previously inactive. The benefits of exercise at any age outweigh potential risks once you are assessed and provided with safe exercises from your Chartered Physiotherapist.

Getting help

When you choose a Chartered Physiotherapist you can have peace of mind in knowing that you are being treated by a Physiotherapist who has a University Degree Qualification and is committed to the highest standards of ethical and clinical excellence.

