

Exercise Therapy

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Resistance Training in Conditioning Programs for 50–60 years old Adults

- Always start with the Warm-up and do flexibility exercises first
- Train major muscle groups (8–10 total)
- Concentrate more on the Balance pushing & pulling exercises
- For Range of Motion do Use full, pain-free ROM
- Include both types of concentric & eccentric movements for strengthening
- Try to go for the 8–12 reps, 1–3 sets (moderate intensity)
- Use slow, controlled, nonballistic movements
- Make sure the person maintains normal breathing
- Rest 2–3 min between sets (alternate muscles)
- Train 2–3 times/week
- Progress gradually (~5% increase)
- Train with a partner if possible
- Cool down after exercise
- After a break (1–2 weeks), reduce load & volume

Reference: Kisner, Carolyn Therapeutic exercise: foundations and techniques / Carolyn Kisner, Lynn Allen Colby. — 5th ed.

For more notes click on:

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