



CAPTA NEWS

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Exercising in a Safe and Beneficial Way, Volume 2

By Jill Sly, PT, DPT

In last month's CAPTA News, the benefits of regular exercise as well as exercise guidelines for healthy adults were discussed. It is also very important to be aware of precautions and contraindications to exercise and warning signs to stop exercising.

Precautions and Medical Contraindications to Exercise:

Individuals at an increased risk of problems during exercise due to age, symptoms, and other risk factors should undergo medical evaluation and exercise testing before starting an exercise program.

Individuals with significant disease should participate in a medically supervised exercise program (examples: following a heart attack or stroke, pulmonary problems, severely impaired balance or cognition)

It is always a good idea to check with your doctor before starting a new exercise program, especially if you are over 65 or have any chronic medical conditions.

Warning Signs to Stop Exercising:

Major Signs and Symptoms of Cardiovascular and Pulmonary Problems:

Pain or discomfort in chest, neck, jaw, arms or other areas that may be due to ischemia (lack of blood supply to heart)

Shortness of breath at rest or with mild exertion

Dizziness or fainting

Discomfort in breathing when lying flat

Ankle edema/swelling

Palpitations or racing heart

Intermittent claudication (pain in legs with activity)

Known heart murmur

Unusual fatigue or shortness of breath with usual activities

