

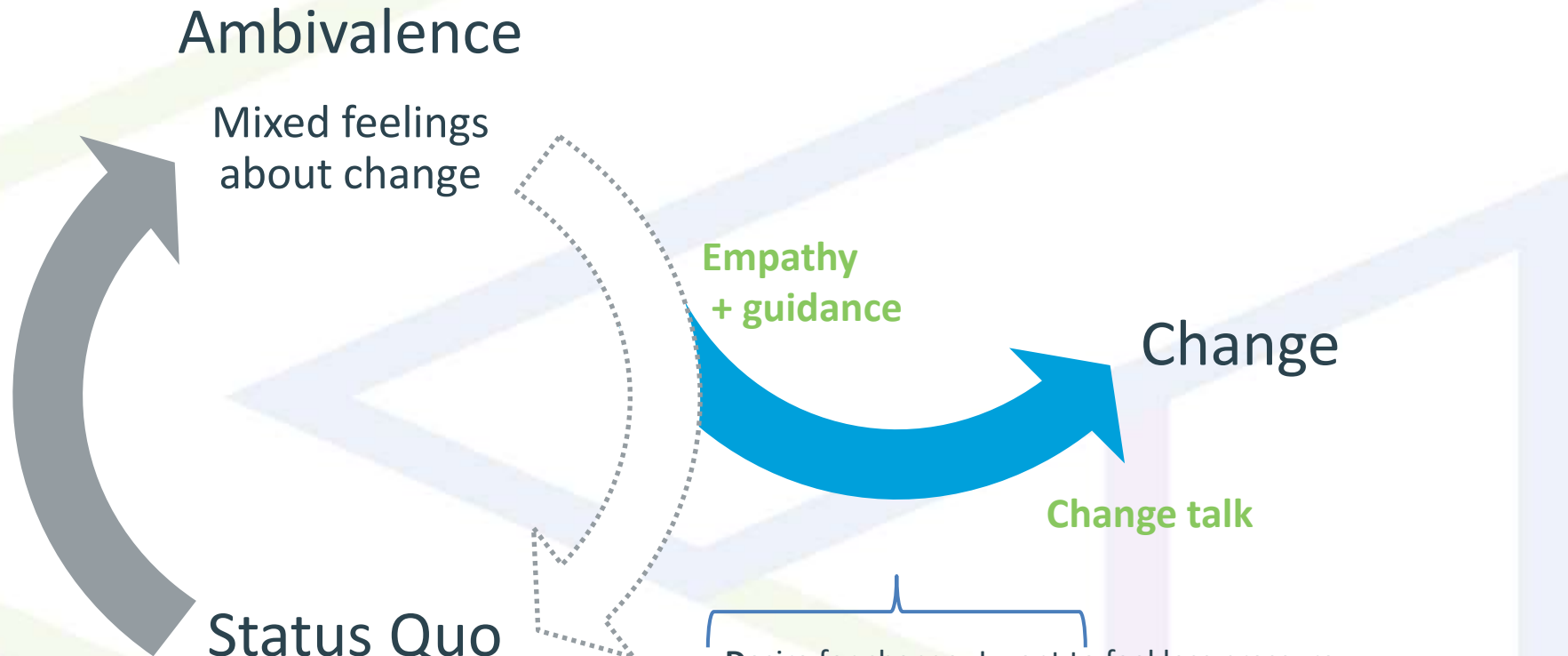
Vicki Strassheim  
ESCAPE Pain Clinical Lead NENC  
AHSN NENC



# Confession

- Victoria Strassheim is a recovering exercise and rehabilitation **snob!**
- I thought physios could do it better and I was wrong..... **I am sorry.**
- Using the MI model, I have undergone Cognitive Behavioural restructuring.

# MI model



Ambivalence

Mixed feelings about change

Status Quo

Wanting to keep things the same

Empathy + guidance

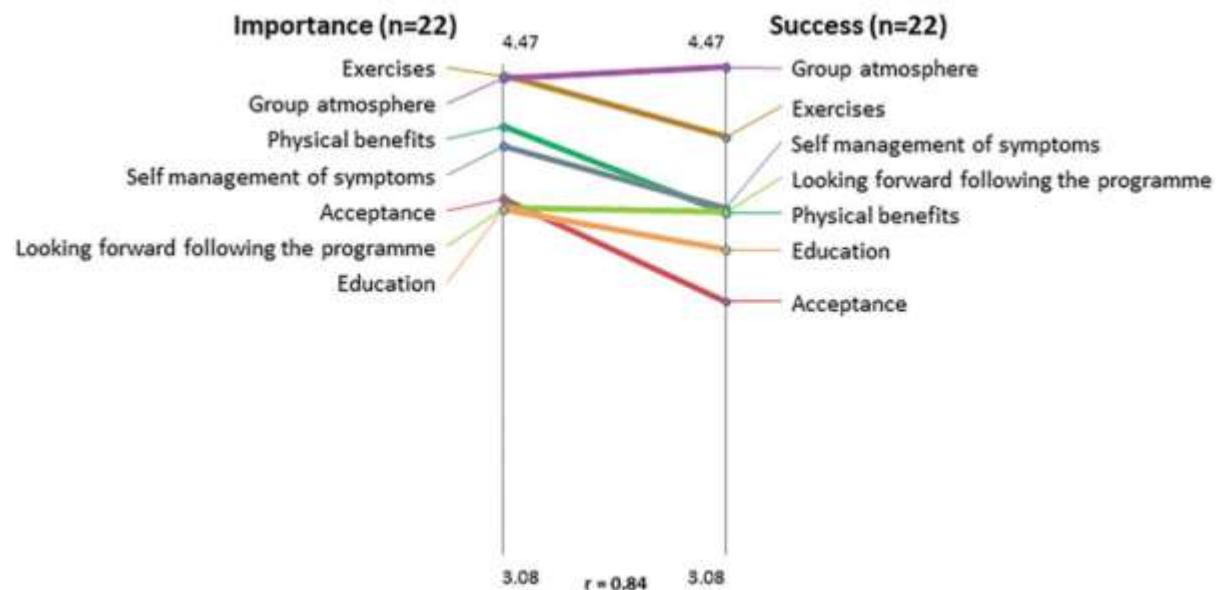
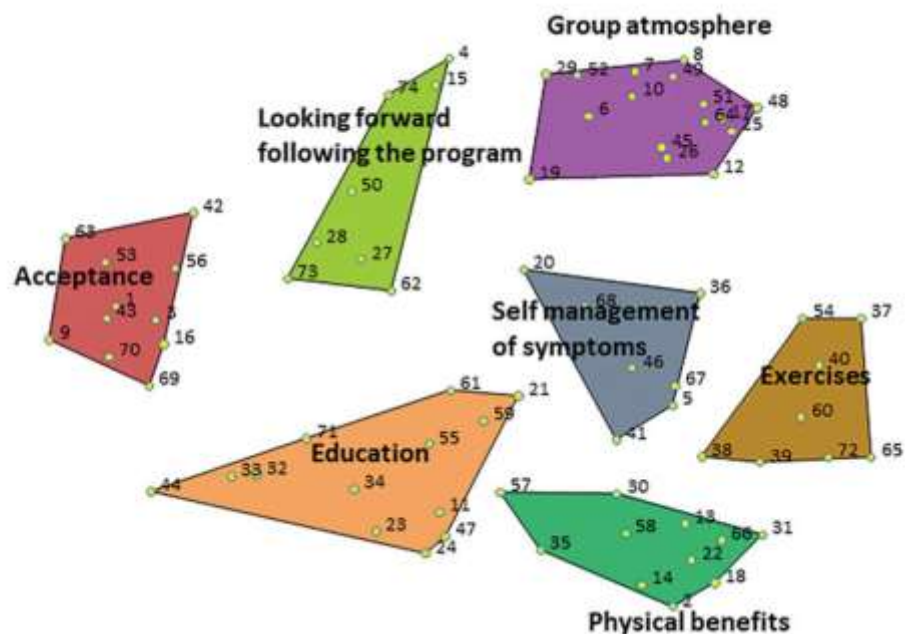
Change

Change talk

- Desire for change- I want to feel less pressure.
- Ability for change- I could collaborate with exercise therapists
- Reasons for change - I want robust long term outcomes for my patients.
- Need for change - The population is changing faster than the NHS resource can keep up.
- Commitment to change- I am going to explore what is in the community.
- Activation – I have spoken to community exercise therapists.
- Taking steps – Sign post to outside the NHS.

## Conceptualizing the benefits of a group exercise program developed for those with chronic fatigue: a mixed methods clinical evaluation

Victoria Strassheim, Vincent Deary, Deborah A. Webster, Jane Douglas, Julia L. Newton & Katie L. Hackett



# What you see is what you do

Hum Nat  
DOI 10.1007/s12110-012-9153-9

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## **No Country for Old Men** **Street Use and Social Diet in Urban Newcastle**

**Daniel Nettle • Rebecca Coyne • Agathe Colléony**

# Physical activity for adults and older adults

|                                     |                        |  |
|-------------------------------------|------------------------|--|
| Benefits health                     | Reduces your chance of | Type II Diabetes -40%                          |
| Improves sleep                      |                        | Cardiovascular disease -35%                    |
| Maintains healthy weight            |                        | Falls, depression etc. -30%                    |
| Manages stress                      |                        | Joint and back pain -25%                       |
| Improves quality of life            |                        | Cancers (colon and breast) -20%                |
| <b>Some is good, more is better</b> |                        | <b>Make a start today: it's never too late</b> |

## Be active

at least

# 150

minutes  
moderate intensity  
per week

increased breathing  
able to talk

OR

or a combination of both

at least

# 75

minutes  
vigorous intensity  
per week

breathing fast  
difficulty talking

*to keep muscles, bones and joints strong*

## Build strength

on at least

2

days a week

## Minimise sedentary time

Break up periods of inactivity



**Improve balance**  
2 days a week

For older adults, to reduce the chance of frailty and falls

# This is what can happen in the Community Exercise

- Improvement of physical ability following surgery:
  - Cervical laminectomy, shoulder surgery, hand surgery.
- Reduction of medication.
- Maintenance of function.
- Reduction of pain.
- Improvement of balance.
- Improvement and maintenance of strength.
- Connecting



- Run by daughter and mother team.
- Over 50 years of Iyengar yoga experience between them.
- 10 classes over 7 days- one of which is the self named 'Dad's Army group'.
- 4 evening sessions, 2 weekend sessions.
- One to one sessions offered also.



# Don 66yo

- Catalyst:
- Back pain and knee issues and had sought help in the past for other reasons, so happy to request help.
- Wanted to do something proactive and positive with his issue and not just let it take him down.
- Don was struggling to put his socks on in the morning.



# Jeff mid 50's

- Catalyst
- Admitted to A&E cardiac and blood pressure issues
- BP 171/120
- Medication increase to 9 separate drugs over 9 months, knew he had to make a change.
- Started doing yoga on GP recommendation (Good for stress and BP) – ‘felt right out of his comfort zone’
- Over 6 months moved from private classes to the public classes
- Medication reduced to 3 and BP 125/82



# Community Exercise offers

- More flexibility and time to address:
- The two high level outcomes PHE want to achieve across the public health system and beyond:
  - **1. Increased healthy life expectancy**
  - **2. Reduced differences in life expectancy and healthy life expectancy between communities**
- Via social isolation and loneliness, % of physically active adults, % adults reporting long term MSK conditions, wellbeing.



thelifeprogramme.org.uk