



## Are you losing your Mobility?

As we age most of us want to keep our independence, this requires us to be mobile. The ability to get up and about with ease is essential for everyday life.

How might you know if you are in danger of losing your mobility? To help, here are some early signs of immobility. They include:

- being unsteady on your feet
- difficulty getting up and down stairs
- avoiding stairs
- avoiding doing any exercise
- reluctant to go out
- a decline in housekeeping
- a drop in personal grooming and hygiene
- difficulty getting out of a chair
- falls



There are many reasons why immobility may happen as we age, some common ones are:

- an underlying health condition or disability causing an abrupt or gradual decline eg Arthritis, Stroke, Parkinsons Disease, dementia
- being less active over time and losing our strength and balance
- being bedridden after a short illness or operation
- a fear of falling
- low armchairs and seats which are hard to get out of
- uncomfortable or unsupportive footwear
- long toenails, corns, ingrown toenails and other foot problems
- loneliness, depression and anxiety
- alcohol consumption
- being overweight or malnourished

The good news is in most cases we can improve our mobility by dealing with the underlying problem and doing regular strength and balance exercises. The sooner we start the better off we will be.

Regardless of our age, regular exercise keeps us fit and makes us feel better. Being physically active strengthens the heart and lungs while supplying increased oxygen to the body. This nourishes and strengthens muscles and joints making them work more efficiently. The spin-off is you have greater mobility, feel more energetic, look better and possibly have more fun.

If you or someone you know is showing signs of immobility our friendly Physiotherapists can help just contact us at Therapy Professionals

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