



News Release

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for weeks or months as I've heard, then again, that that can lead to a number of faulty postural patterns that are going to lead to long-term consequences.”

To reduce the chances of short- and long-term physical problems, Brooks suggested setting aside a minimum of 30 minutes each day to get away from the computer chair and do something physical. In addition to taking a walk, playing with the kids or running around with Rover, things like yard work, housework or sweeping out the garage can provide good physical stimulation. For those who may want a more structured workout regimen, apps like Fitbod and Shred can help replace the more formal training provided by now-closed gyms.

For those long periods of time when we are sitting in our makeshift home office, things like ankle pumps, toe taps or calf flexes can improve circulation between the heart and lower extremities. Brooks said even these simple movements help get the blood moving through veins that are buried within the muscles. That can be especially important for people with diabetes or other cardiovascular issues. He compares the benefits of these basic exercises to a tube of toothpaste; if the tube doesn't get squeezed, the toothpaste has no reason to leave the tube.

“If I'm using the muscles in my calves, I am effectively encouraging that blood flow back to the heart,” Brooks explained. “So even something as simple as toe tappers or heel raises where I'm moving, that's better than nothing.”

If the new house-work dynamic includes an elderly parent or grandparent, it's important to make sure they also have opportunities to get up and move. For seniors who may face an increased risk of falls, Brooks said there are chair aerobics programs available online. They can also do resistance work using exercise bands, and if exercise bands aren't available, Brooks suggested sitting curls using soup cans, milk jugs or water bottles to provide the resistance.

“The biggest risk for the elderly is the fall risk, so we don't want to put any patient in a circumstance where they might potentially lose their balance and have a risk for injuries associated