Home exercise program in IBM


Helene Alexanderson, PhD, RPT
Karolinska Institutet / Karolinska University Hospital, Stockholm, Sweden
Exercised performed twice a day for 16 weeks

This program can improve

- Muscle strength
- Ability to stand up from sitting
- Walking ability
Results: muscle strength

Mean percentage change in patients (n = 7) muscle strength following the exercise intervention when compared to pre-intervention strength levels normalized to 100%.

*P > 0.05

Aerobic exercise in IBM

Open study including 7 individuals with IBM

- Exercise program
  - 3 times/ w, 12 weeks
  - 30 min cycling (load of 80 % of VO₂ max)
  - Combination with IBM home exercise program

Can improve your aerobic capacity

Health benefits from regular physical activity

- Strong association between aerobic capacity and health! Both in healthy and in myositis

- Regular physical activity and exercise can:
  - Improve quality of life
  - Reduce risk of type II diabetes, osteoporosis and cardiovascular disease
  - Reduce high blood pressure

- Important as individuals with inflammatory rheumatic diseases are at higher risk of developing cardio-vascular disease
Take home message

- Exercise should be designed individually and adapted to muscle weakness, pain or fatigue with regular follow-up.

- After completing the 16-week home exercise, change into another program at home or in a training facility. When you are ready, start another 16-week home exercise period.

- If you have experienced increased muscle pain or muscle weakness after moderate-intensity exercise or physical activity before – initiate the program on lower loads and repetitions and follow-up often.

- The program is most often well-tolerated, but clinical experience indicate that the program could lead to more symptoms in rare cases.
Thank you for listening!

Stockholm, Sweden