



Strength and Balance is important for Musculoskeletal (MSK) conditions and older people

Did you know that after about age 50, muscle mass and strength naturally decrease at an annual rate of 1- 3%, and that balance also reduces at this time?

Incorporating activity or exercise into regular routines in order to help improve strength and balance has benefits for people with musculoskeletal problems such as improved mobility, better posture, less stiffness and reduced pain. They can also help reduce the risk of falls in older and inactive people. Incorporating strengthening and balancing exercises is particularly important for older adults and people with osteoporosis who are at risk of fractures if they have a fall.

Older adults, may have reduced physical capacity and deconditioning due to reduced activity associated with the Covid-19 pandemic and lockdown implications. This can manifest in falls and fall-related injuries that can have serious consequences and impacts on outstanding MSK conditions. We Can Move, as part of Active Gloucestershire, have developed a “Look After Yourself during Lockdown” booklet designed for the public which can be access [here](#).

Alternatively, you can access a poster designed by expert physiotherapists which include a set of six simple exercises that can be done from home [here](#).



[Versus Arthritis](#) are also offering a variety of activities to strengthen and stretch the body, which include specific stabilising movements to help with hip, knee and hand pain. Patients accessing the website are also given the opportunity for people call their free helpline, chat to and Arthritis Virtual Assistant, Join the online community and stay in touch via social media.



In addition to our usual monthly MSK messaging, look out for additional messaging between 4th and 8th October as we help promote national Back Care Awareness Week. There will be a variety of resources available to better inform ourselves and patients of how to take care of our back!