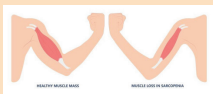


# Strong for Life: Sarcopenia Summary

Blog infographic by Dr Andrew Shafik, Dr Callum Innes, Dr Tom Leggett, Dr Malin Farnsworth & Dr Jennifer Duncan

BJSM

Sarcopenia is an indolent **loss of muscle mass** and strength over time which can lead to **impairments in mobility** and quality of life if not addressed.



It is an important mechanism linking **ageing with frailty** with **falls and fracture risk**.






Supervised resistance training can lead to improvements in muscle function and personal independence but also improvements in management and control of complex multi-morbidity.




Strength prescriptions are based on the **Rockwood Clinical Frailty Score (CFS)**, to take into account the patient's baseline physical function.



## Remember "safety first" checks:

- stable support
- appropriate footwear 
- hazard reduction 
- clear symptom stop rules e.g. chest pain, blackouts, dizziness or neurological symptoms 

Use dose rules to structure training:

- 2 non-consecutive days per week 
- 10-20 minutes duration 
- beginning with one set of 6-10 repetitions (or 20-30 second holds) 

Pick 4-6 exercises and "sprinkle" some balance exercise.

Here is an example of a prescription for a patient that is **CFS 4 - living with mild frailty**.



Begin with Level 1 supported exercises to **confidence and symptom tolerant volume**:

### 1. Sit to stand (chair rise)

- High chair, hands allowed

### 2. Step up/marching

- Marching holds with support (20-30 seconds)

### 3. Calf raises

- Both legs; small range, hold support



### 4. Lateral hip (side steps)

- Side to side weight shifts, holding support

### 5. Upper body

- Wall push ups OR very light band rows

### 6. Balance

- Tandem stand with support



Please visit part 2 of our blog to explore the exercise options for those with other CFS.



In addition, encourage patients to keep walking alongside strength exercises as this promotes functions and steadiness.