

Physical activity and symptoms

MSK Pain

- A temporary increase in pain is normal and does not represent tissue damage.
- It will stop once their body adapts.



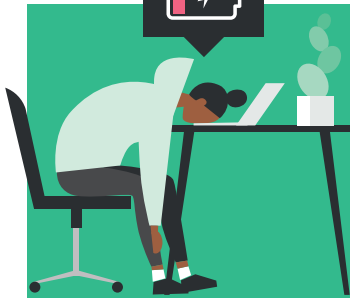
Dysglycemia

- There is a risk of short-term dysglycemia.
- Hypoglycaemia is the most common adverse event in diabetics treated with insulin or insulin secretagogues, and can recur if not managed appropriately.
- The overall risk of severe hypoglycaemia is not increased.
- High intensity physical activity can make blood glucose levels rise, so people with diabetes will need strategies to deal with this.



Fatigue

- A temporary increase in fatigue is normal.
- Physical activity is good for fatigue, sleep and wellbeing.



Shortness of breath

- Physical activity will make people feel more breathless.
- Breathlessness can be frightening.
- Advise people to start at a low level and build gradually.



Palpitations

- Increased awareness of your heartbeat during physical activity can be frightening.
- Physical activity is contraindicated in people with symptomatic and untreated cardiac tachy- or brady-arrhythmia and appropriate medical management is needed.
- People with controlled atrial fibrillation benefit from regular physical activity.



Cardiac chest pain

- The long-term benefits far outweigh the temporary, slight increased risk of adverse events in those with ischaemic heart disease.



Falls & frailty

- Frail, inactive people have much to gain from building strength and balance.
- Even small improvements reduce the risk of falling and improve confidence.
- Activities should be tailored to the individual's functional and cognitive capacity.

Cognitive impairment

- Strategies to maintain motivation, engagement and safety are important and people will often benefit from support from others.
- Consider functional level, stage of disease, communication ability, preferred environment, risk of falling and other medical conditions.