

PART – I PHYSICAL FITNESS EXERCISES FOR THE
ELDERLY



PART – II LOWER BACK PAIN, NECK PAIN, AND
VERTIGO - INFORMATION & PHYSICAL
EXERCISES




DOCUMENTS PREPARED BY DR. PENTYALA VENU BABU FOR
PARAMANUSENIORSHEALTH.ORG




Part – I: Physical Fitness Exercises for the Elderly


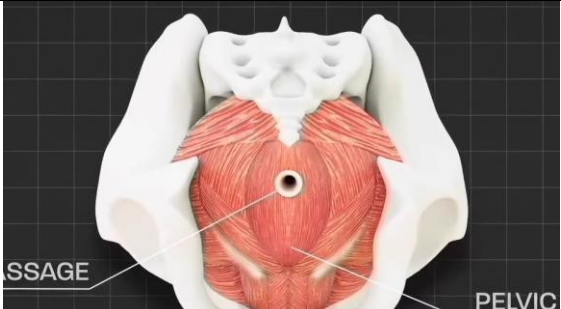
Physical Fitness Exercises for the Elderly






Exercises for the Elderly and Parkinson's Patients for gaining Muscle Strength, Gait and Balance

| S. No. | Description and Video Link |
|--------|---|
| 1. |  <p data-bbox="884 779 1358 813">30 min In Chair Exercise for Seniors</p> <p data-bbox="884 869 1302 902">https://youtu.be/Mt_hUkaRoOo</p> |
| 2. |  <p data-bbox="884 1480 1230 1514">Parkinson Seated Exercise</p> <p data-bbox="884 1570 1302 1603">https://youtu.be/KNWqyKluZgg</p> |

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| 3. |  | <p>Parkinson Balance Skills and Drills</p> <p>https://youtu.be/09eH35bR6tQ</p> |
| 4. |  | <p>Feet and Legs - Yoga Stretches by Mary Cavanaugh</p> <p>https://youtu.be/ycum1VdPjhI</p> |
| 5. |  | <p>Strength and Balance - Yoga Stretches by Mary Cavanaugh</p> <p>https://youtu.be/P5scqGfN_Rg</p> |

| | | |
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| 6. |  | <p>Challenging Balance and Leg Exercises For Seniors (18 Mins) More Life Health</p> <p>https://youtu.be/_gJXPruT2mQ</p> |
| 7. |  | <p>Standing Exercises for Older Adults</p> <p>https://youtu.be/mQLzNf8VOIc</p> |
| 8. |  | <p>Hip pain and tight hips, what to do</p> <p>https://youtu.be/tnsg9qotrMg</p> |

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|---|---|---|
| 9. |  | 10 Min Yoga Routine for Herniated Disc -Yoga for Low Back Pain Relief, ChriskaYoga https://www.youtube.com/watch?v=8R-KGyTvjnA |
| 10. |  | The BEST knee exercise for arthritis INSTANT results https://youtu.be/WApDvYFWCB4 |
| 11. |  | Stand up without effort- a Feldenkrais movement https://youtu.be/cDURAYq15CI |
| Exercises for controlling Urinary Incontinence, Over reactive Bladder and Strengthening Pelvic Floor: Kegel Exercises | | |
| 1. |  | Pelvic Floor Exercises For Men - Stop The Leak https://youtu.be/vRquyg3WmNQ |

| | | |
|--|---|---|
| 2. |  | <p>Kegel exercise for male and female in hindi- pelvic floor exercise</p> <p>https://youtu.be/HbK86FTP6qI</p> |
| 3. |  | <p>Stop Stress Urinary Incontinence With 5 Easy Exercises</p> <p>https://youtu.be/l_PM-wN116Q</p> |
| 4. |  | <p>Three simple kegel exercises against pelvic pain and incontinence</p> <p>https://youtu.be/T1SrE_0favg</p> |
| 5. |  | <p>She Had An Overactive Bladder, Then She Did These Exercises: it's All Fixed Now</p> <p>https://youtu.be/ygAlIXFQhCI</p> |
| 6. |  | <p>Pelvic Organ Prolapse with Dr Melanie Crites-Bachert</p> <p>https://youtu.be/k0HP0DvE3w0</p> |
| <p>Compiled by paramanuseniorshealth.org with due acknowledgements to the websites indicated. Viewers are advised to seek advice from professional doctors before following any of the techniques or exercises. Paramanuseniorshealth.org is no way responsible for the accuracy or suitability of the practices. The information presented here is to bring awareness and help viewers to seek medical advice and follow self help to contain or slow down old age conditions. Suggestions / Feed Back may please be sent to: paramanuseniors@protonmail.com</p> | | |

Part – II: Lower Back Pain, Neck Pain, and Vertigo - Information & Physical Exercises

Lower Back Pain, Neck Pain and Vertigo - Information and Physical Exercises

| S. No | Description | Page No |
|-------|---|---------|
| 1 | Sciatica (Lower Back Pain) or Piriformis (Pain in the Buttock)? | 2 |
| 2 | The Anatomy of Pelvic Area, and Lower Back Pain | 3 |
| 3 | Exercises to avoid while having Disc Herniation or Prolapse | 4 |
| 4 | Exercises for L4-L5-S1 Disc Prolapse and Sciatica | 6 |
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SCIATICA (LOWER BACK PAIN) OR PIRIFORMIS (PAIN IN THE BUTTOCK)??

These problems arise due to irritation and compression of sciatic nerve which arises from the nerve roots of L4 and L5 lumbar vertebrae and S1, S2 & S3 Sciatic vertebrae. Both the conditions can shoot the pain in the affected side of hip, buttock and all the way down to toe along the leg. Hence, it is important to know the exact underlining disorder for effective recovery.



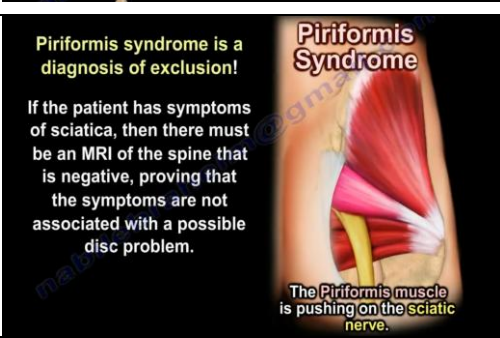
While the sciatic nerve can get compressed at multiple locations along its length, two places on it are quite common. The first one can arise from the bulging discs / herniated discs from lumbar and sciatic vertebrae mentioned above. The impinging of sciatic nerve from herniated discs can cause lower back pain typically and can be seen by MRI.

However, the second location prone for compression lies in the buttock (hence the burning sensation or acute pain in the buttock of affected side). The name Piriformis comes from the pear shape of the muscle which holds the hip bone firmly joined to the pelvis and controls the lateral movement of the leg. The piriformis muscle when affected by one or the other conditions impinges on the sciatic nerve in the buttock region causing pain and associated symptoms, hence named as Piriformis syndrome.

Piriformis or Piriformis syndrome is becoming common in occurrence ever since the life style has changed predominantly towards sedentary one with prolonged sitting, little exercise and obesity causing inflammation of the muscle. Injury to buttock area and intense cycling too can contribute to this condition. A range of things like tightening or shortening of piriformis muscle, muscle spasms leading to muscular knots, minor bleeding of fine capillaries in the buttock entangling nerve fibers can occur leading to burning sensation and pain in the buttock, spreading to the entire hip and shooting down along the length of the leg on the affected side. There are several variations of exercises routinely prescribed by physiotherapists globally that can provide relief and even cure from both sciatica as well as piriformis syndrome. Video links on the structure and anatomical organization of the respective vertebrae, pelvic area and the nerves are also provided for better understanding of the subject. Further, the exercises are grouped based on the relief they bring as Lumbar / Sciatica, Piriformis, Neck and Vertigo exercises with dos and don'ts for individuals having herniated / prolapsed discs. Hence, viewers are advised to see all the videos by going through the links, understand and discuss with an orthopedic or a physiotherapist and practice self help under professional guidance / advise and get rid of the nagging and painful scenarios.

The literature and multiple video links provided here are meant for facilitating better understanding of the subject matter that helps better conversation / discussion with the medical professional and to follow the doctor's instructions correctly with ease. paramanuseniorshealth.org

The Anatomy of Pelvic area and Lower Back Pain

| S. NO | Description and Video Link | |
|---------------------------------------|---|---|
| 1 |  | <p>Lumbar Disc Injuries and Treatment</p> <p>https://www.youtube.com/watch?v=zeLN1zC15CM</p> |
| 2 |  | <p>Sciatica Overview</p> <p>https://www.youtube.com/watch?v=vumGp6HcdJg</p> |
| 3 |  | <p>Low Back Pain - Disc Herniation , Sciatica - Everything You Need To Know - Dr. Nabil Ebraheim_720P HD</p> <p>https://www.youtube.com/watch?v=AWR1M90NG5s</p> |
| 4 |  | <p>Sciatica, disc herniation and piriformis syndrome - Everything You Need To Know</p> <p>https://youtu.be/X48js6Ixbbw</p> |
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EXERCISES TO AVOID WHILE HAVING DISC HERNIATION OR PROLAPSE

| S. NO | Description and Video Link | |
|-------|---|--|
| 1 |  | <p>Exercises To Avoid for Herniated Discs and Sciatica</p> <p>https://youtu.be/PwgrPwRI75I</p> |
| 2 |  | <p>L4 L5 S1 Slipped Disc Treatment- MISTAKES You Should Avoid To Completely Cure Slipped Disc-DO & DON Ts</p> <p>https://youtu.be/U5PgQlpni3U</p> |
| 3 |  | <p>Exercises to Heal a Bulging Disc vs. Herniated Disc. The Difference</p> <p>https://youtu.be/l18hECSryX4</p> |
| 4 |  | <p>Exercises For Herniated Disc, Disc Bulge L4-L5-S1, Step Wise Treatment for Slipped Disc Recovery</p> <p>https://youtu.be/9BzK1pGZAr0</p> |

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L4 L5 - L5 S1 disc bulge best exercise
rehabilitation for pain relief




<https://youtu.be/SNDEBO6nQ6A>

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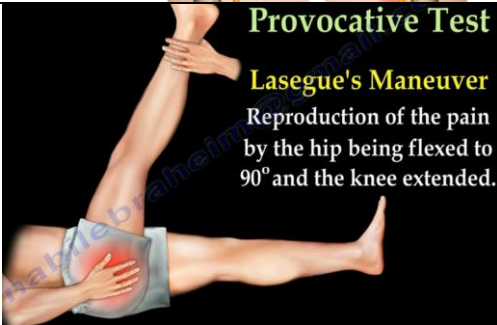

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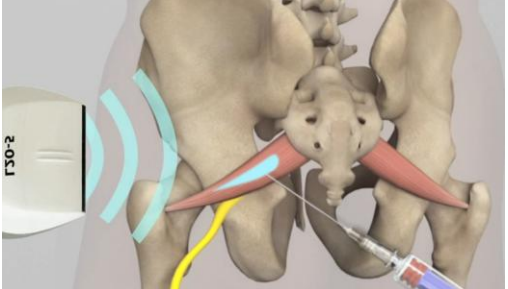
EXERCISES FOR *L4-L5-S1* DISC PROLAPSE & SCIATICA

| S. NO | Description and Video Link | |
|-------|---|--|
| 1 |  | <p>6 Best L4 L5 Disc Bulge Exercises in Hindi to avoid surgery</p> <p>https://www.youtube.com/watch?v=92_MqE2z7ss</p> |
| 2 |  | <p>L4 L5 - L5 S1 best seated exercises</p> <p>https://www.youtube.com/watch?v=2f4fM8KP7FY</p> |
| 3 |  | <p>L4 L5 S1 disc bulge, herniated disc treatment / exercises in Hindi</p> <p>https://www.youtube.com/watch?v=DvH-98zRKQs</p> |
| 4 |  | <p>3 Best Secrets for Immediate Relief for Sciatica</p> <p>https://www.youtube.com/watch?v=tfzxQKWZX7c</p> |


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| 5 |  | <p>PROTRUSION- slipped disc exercises at home</p> <p>https://www.youtube.com/watch?v=66JGEE5RygY</p> |
| 6 |  | <p>One Minute Sciatica Exercises for Quick Pain Relief & Cure of Sciatic Pain</p> <p>https://www.youtube.com/watch?v=6HOvGr6Tqa8</p> |
| 7 |  | <p>How to Relieve Sciatica Pain in SECONDS</p> <p>https://www.youtube.com/watch?v=eX4X-2ZBD98</p> |
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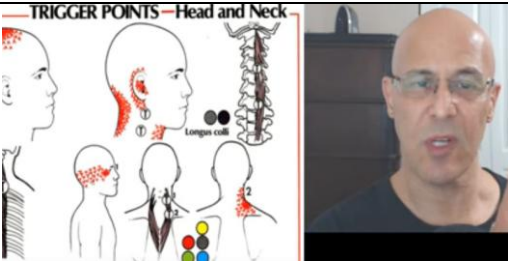

Exercises for Piriformis Syndrome (pain in the buttock)

| S. NO | Description and Video Link | |
|-------|---|---|
| 1 |  | <p>What is Piriformis Syndrome?</p> <p>https://www.youtube.com/watch?v=IBE5jnzH92A</p> |
| 2 |  | <p>Piriformis syndrome, sciatica, anatomy - Everything You Need To Know - Dr. Nabil Ebraheim</p> <p>https://www.youtube.com/watch?v=E53d0sEpcI8</p> |
| 3 |  | <p>Sciatica Pain When Sitting? Your Posture May Be Hurting The Piriformis Muscle</p> <p>https://youtu.be/llXTtAc7hM4</p> |
| 4 |  | <p>Sciatic nerve stretch for piriformis syndrome</p> <p>https://www.youtube.com/watch?v=YIDFEtJhJ6U</p> |


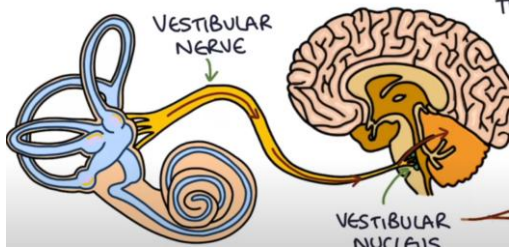


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|---|---|--|
| 5 |  | <p>Three Simple Piriformis Stretches (Piriformis Syndrome & Sciatica)</p> <p>https://youtu.be/1QZ6Fbb4qWg</p> |
| 6 |  | <p>Piriformis Muscle Tension - Self Myofascial Release - Ask Dr. Abelson</p> <p>https://www.youtube.com/watch?v=VKLmqwhpX0E</p> |
| 7 |  | <p>Tight Piriformis Syndrome, Pinched Nerve Relief, 5 At Home Treatments to Fix</p> <p>https://www.youtube.com/watch?v=Lmi3RiyCwrg</p> |
| 8 |  | <p>Piriformis Syndrome and Piriformis Injection by Dr. Krishna</p> <p>https://www.youtube.com/watch?v=BbNKJjaCRZM</p> |
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EXERCISES FOR *CERVICAL SPONDYLOSIS*

| S. NO | Description and Video Link | |
|-------------------------------------|--|--|
| Anatomy of Spine in the neck | | |
| 1 |  <p>Gary R. Simonds, M.D. CHIEF, NEUROSURGERY CARLION CLINIC Neck Pain, Disc Herniation of the Cervical Spine</p> | Herniated Cervical Discs_720P HD https://youtu.be/rQKuLLFuO_k |
| 2 |  <p>It also can occur at C5 - C6.</p> <p>Spinal Nerve Pressured</p> <p>Ruptured Disc</p> | Neck B. B. Pain, Disc Herniation Of The Cervical Spine - Everything You Need To Know - Dr. Nabil Ebraheim https://youtu.be/FTbuih0EE2E |
| 3 |  <p>Neck flexion</p> <p>Chin tuck</p> | What are the symptoms of cervical spondylosis_ Dr Umesh Srikantha - Aster CMI Hospital, Bangalore https://youtu.be/J8njyNjLhhU |
| Specific Exercises or Physiotherapy | | |
| 1 |  | Quick Neck Pain, Upper Back And Shoulder Pain Relief Technique Trapezius Muscle Stretch (In Hindi) https://youtu.be/3hw6r9zrraU |

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|---|---|---|
| 2 |  | <p>Exercises to Relieve Neck and Shoulder Pain</p> <p>https://youtu.be/R69mbvbEdUY</p> |
| 3 |  | <p>CERVICAL SPONDYLOSIS Causes, Symptoms and Treatment (NO SURGERY)</p> <p>https://youtu.be/7iVuXY4m9KA</p> |
| 4 |  | <p>Cervical Spondylosis- Exercises & Stretches for Neck Pain & Arthritis</p> <p>https://youtu.be/ikVIWyMC-uI</p> |
| 5 |  | <p>Neck Pain Gone in Seconds (Self-Help Myofascial Trigger Point Correction) - Dr Alan Mandell</p> <p>https://youtu.be/ViVrUAH-gSU</p> |
| 6 |  | <p>Most Important Exercises to Help Pinched Nerve & Neck Pan</p> <p>https://youtu.be/i3Pvv1FbD7o</p> |
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EXERCISES FOR VERTIGO (OR) HEAD REELING / SPINNING

| S. NO | Description and Video Link | |
|--|---|---|
| Anatomy of Inner Ear | | |
| 1 |  | <p>What is Vertigo?</p> <p>https://youtu.be/j04qNXaCm0Y</p> |
| 2 |  | <p>Understanding the Causes of Vertigo</p> <p>https://youtu.be/kx4mQB0QzvQ</p> |
| 3 |  | <p>Epley Maneuver to Treat BPPV Dizziness</p> <p>https://youtu.be/o4GV-EbnMfI</p> |
| Specific Exercises or Physiotherapy Postures | | |
| 1 |  | <p>Treatment for vertigo, BPPV Exercises, Self Exercises For Vertigo AT HOME, How To Treat Vertigo</p> <p>https://youtu.be/wDawRffwq-s</p> |

| | | |
|---|---|--|
| 2 |  | <p>Half Somersault Maneuver to Treat BPPV Vertigo</p> <p>https://youtu.be/Wez9SZJ7ABs</p> |
| 3 |  | <p>Three Best Exercises to Relieve Your Vertigo Physical Therapist Explains</p> <p>https://youtu.be/CjynFNdmqoM</p> |
| 4 |  | <p>Inner Ear Balance Home Exercises to Treat Dizziness</p> <p>https://youtu.be/olgEtOKAGaI</p> |
| 5 |  | <p>Self-Ear Adjustment _ Relief of Sinusitis, Congestion, Tinnitus, Vertigo, & Headaches - Dr Mandell</p> <p>https://youtu.be/r2PsV8NYKVM</p> |
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