

Sarcopenia in the Older Adult

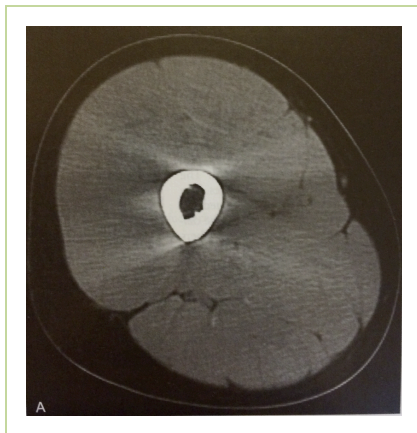
What is Sarcopenia?

- Age-related decrease in muscle that affects functional ability¹
- Progressive and generalized loss of strength¹

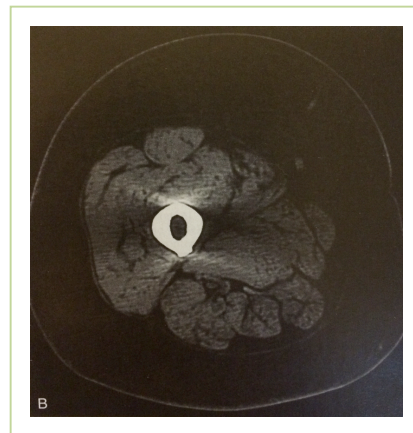
Risk Factors

- Getting older
- Lack of activity
- Gender- Muscle mass in men declines 2x that of women¹

28-year-old muscle



80-year-old muscle



Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation. 2nd ed. St. Louis, MO: Mosby/Elsevier, 2010. 71. Print.

Functional Implications

- ❖ Decreased strength, power, endurance, and muscle speed¹
- ❖ Increased risk of Osteoporosis
- ❖ Increased difficulty performing daily tasks

- ❖ Movement becomes painful
- ❖ Leads to an increased use of walkers and canes
- ❖ Decreased quality of life

How Do You Prevent It?

Resistance Exercise²

- Lifting weights
- Using resistance bands
- Exercise classes

Aerobic Exercise²

- Brisk walking
- Biking
- Swimming

Remember: When exercising, you should feel like you are working somewhat hard to hard

Flexibility Training²

- Yoga
- Stretch before & after exercise



http://www.aoa.acl.gov/AoA_Programs/HPW/Falls_Prevention/docs/Falls-Prev-Grant-Profile-CO.pdf

Nutrition³

- Eat more protein
 - Chicken & broccoli
- Omega 3 Fatty Acids
 - Tuna & Trout
- Vitamin D
 - Egg yolks, mushrooms, and salmon

Be sure to talk with your doctor before making any dietary changes. Talk to a Physical Therapist about starting an exercise program today!

References

1. Cruz-Jentoft AJ, Baeyens JP, Bauer JM, et al. Sarcopenia: European consensus on definition and diagnosis: Report of the European Working Group on Sarcopenia in Older People. *Age and Ageing*. 2010;39(4):412-423. doi:10.1093/ageing/afq034.
2. Exercise for Seniors. Medline Plus. 2015. <https://www.nlm.nih.gov/medlineplus/exerciseforseniors.html>
3. Burning Calories. National Institute on Aging. 2015. <https://www.nia.nih.gov/health/publication/whats-your-plate/burning-calories>

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