

## Contact details

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7890 (There is no additional service charge for using a 0845 number. The cost is determined by your phone company's charge).

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Website: 🌐 [www.uclh.nhs.uk/nhnn](http://www.uclh.nhs.uk/nhnn)

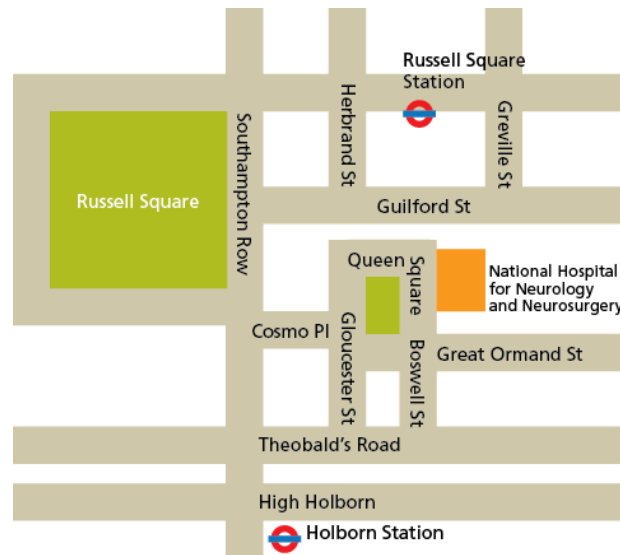
The Clinical Specialist Physiotherapist is available from 9.00am to 5.00pm Monday to Friday (excluding bank holidays).

## Where can I get more information?

<http://www.musculardystrophyuk.org/>

UCL Hospitals cannot accept responsibility for information provided by external organisations.

**If you need a large print, audio or a translated copy of this document, please contact the physiotherapist directly. We will try our best to meet your needs.**



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# National Hospital for Neurology and Neurosurgery

## Exercise advice for patients with Channelopathy

## Centre for Neuromuscular Diseases

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We are committed to delivering top-quality patient care, excellent education and world class research

**Safety**  
**Kindness**  
**Teamwork**  
**Improving**

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This leaflet has been written by the Specialist Physiotherapist who works for the muscle channel service. The leaflet provides exercise advice and ideas for people seen at the Channel clinic at the National Hospital for Neurology and Neurosurgery. Patients' families or carer may also find this information helpful.

## The importance of exercise for people with muscle ion channel conditions

Each person with channel disease will experience a different pattern of triggers for their symptoms. Exercise is one of these triggers. Some people experience an episode of paralysis when they rest, after exercising. Other people experience weakness during exercise, or after strenuous exercise, and some feel stiffness after sudden movements. People often avoid exercise and reduce what they do. Being less active causes muscles to become weak and will affect your general health.

## The benefits of keeping active

Exercise and activity are important for everyone. The less time spent sitting still, the better a person's life expectancy and

the smaller the chance of developing health problems such as heart disease, stroke or diabetes. People who exercise frequently, including people with long term conditions, can experience better mood, quality of life and less fatigue. People with long term conditions, who have difficulty exercising can benefit from short bouts of increased activity. Reducing the time you sit, moving around the house and taking more steps in the day can be as, if not more, helpful than going to the gym for a workout.

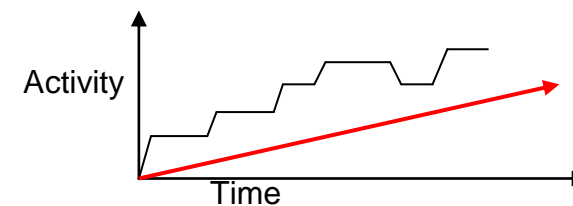
Exercise can also help people to:

- Prevent weakness caused by inactivity
- Improve balance (reduce risk of falling)
- Maintain strength and independence

## Key points and considerations for when you start to exercise

**Advice about activity needs to be tailored for you** - with an understanding of what triggers your symptoms. The Doctor or Physiotherapist from the Channel Team can help you to understand what your triggers are, and can help to plan how you can start to become more active.

**Gradually increase** your activity



Increase over weeks: avoid overdoing it and needing to rest for days to recover from exercise. The Energy conservation and Fatigue leaflet explains more. Make sure that you focus on:

- **Slowly warming up** before exercise.
- **Cooling down** for at least as long as you exercise.
- **Stretching** muscles after exercise is also important.

## Where to start

Choose an exercise or activity that you enjoy. Make a plan to exercise a little at a time, resting on alternate days. Avoid heavy weights and try to be more active in the day. Stop exercising and contact the Physiotherapist or your GP if you experience **muscle pain** more than 48 hours after exercise; shortness of breath, palpitations, dizziness, or a **change in symptoms** during or after exercising.