

# [Physical activity is important for overall health](https://assignbuster.com/physical-activity-is-important-for-overall-health/)

[](https://assignbuster.com/)[Countries](https://assignbuster.com/essay-subjects/countries/), [Canada](https://assignbuster.com/essay-subjects/countries/canada/)

Physicalactivity is important for overall health and regular function. Individuals withfacioscapulohumeral muscular dystrophy (FSHD1) have a difficult time exercisingdue to pain caused by weakened muscles, and for muscles to strain. FSHDpatients are often sedentary making it important for them to exercise. In thisstudy, Andersen, Heje., Buch, &Vissing, J (2017) explorethe concept of cycle training for patients with FSHD as well as High-IntensityTraining (HIT) to see how maximum exertion would affect their healthspecifically oxygen levels and if muscle damage occurs. The criteria forpatients who participated had been verified and diagnosed with FSHD and inbetween ages 18-70 years, all of them untrained. Patients were turned away ifthey were unable to cycle or other physical factors. Patients worked out threetimes a week with a stationary bike and to wear watches that recorded theirpulse.

Andersen et al. (2017) chose to test with a running technique called the10 20 30 concept but redesigned it for cycling. Twelve patients chosen to dothe study, where half of the group performed eight weeks of HIT undersupervision whiled the other group performed eight weeks of usual care. Aftercompleting the first portion, both groups performed another eight weeks of HITon their own. The study found to be a success and it was safe for people withFSHD to engage in high-performance training and cycling. However, for theparticipants that were in usual care had no change in fitness, but the samepatients found an increase in part two of the experiment.

Overall, the patientsinvolved in HIT training increased muscle strength as well as function. HIT, asdemonstrated in this study, could improve patients’ maximum oxygen levelsincrease fitness as compared to healthy participants. Patients found there to beno extended pain and no further muscle damage occurred, out of all types oftraining, they have experienced they preferred HIT techniques. Muscular dystrophy (MD) is a group ofneuromuscular disorder (NeuromuscularDisorder | Medline Plus. (n. d.)) where people lackdystrophin which is a protein that assists in functioning muscles. Musculardystrophy involves muscles that deteriorate and weaken over time making itdifficult for people to exercise and walk as well as simple everyday tasks (Muscular Dystrophy Canada.

(n. d.)). MD is broken down into several categoriesin order to help with proper diagnosis. In particular Facioscapulohumeralmuscular dystrophy (FSHD) specifically affects the face, upper arms, andshoulder which can inhibit people from chewing and swallowing.

They havecertain characteristics like; crooked mouth appearance, wing-like shoulderblades, and or slanted shoulders. People with FSHD generally live a longer lifecompared to other types of MD because it is a slower progression. In general, to be diagnosed there are several different ways such as; blood testing forenzymes and genetic markers, perform an electromyography test, and or perform amuscle biopsy (MuscularDystrophy: Types, Symptoms, and Diagnosis.

(n. d.)). Thereis no treatment for any type of muscular dystrophy but there are therapies thatcan reduce pain and slow down the process of deterioration (Definition of Muscular dystrophy.

(n. d.)). All of the research is consistent althoughthere is no treatment for muscular dystrophy, exercise is a safe therapy thatcan help patients. With the articles, they all state that patients whenpartaking in physical activity endure either less pain then they experience ineveryday scenarios or around the same amount. Some articles discussed maximumoxygen levels and how exercise can help increase those levels, benefitingpatient’s health. While others discussed some strength regain in musclesfurther slowing the process of deterioration.

As seen, there are many optionsfor different types of muscular dystrophy for those that are able toparticipate.