

CLAHRCBITE

Brokering innovation through evidence

Community chair-based exercise: recreational benefits, but physical benefits unlikely



Results

Exercise classes were acceptable, but run weekly (insufficient to produce physical health gain) and 1/3 dropped out (reducing the benefit).

Who needs to know?

Providers and practitioners of community chair based exercise.

What did we do:

A feasibility study of a randomised controlled study of the physical health benefits of chair based exercise.

What we found and what does this mean:

Care homes and day centres showed interest. Sessions were acceptable, and weekly but 1/3 dropped out. Some participants wanted to try non-seated exercise.

Chair based exercise in this form will not generate physical health benefits, and may be unduly restrictive: it is recreation (activity done for enjoyment) rather than physical exercise (muscular activity done for health benefit). More strenuous, and frequent programmes should be developed.

What next:

Chair based exercise could be developed and applied to other immobile patient groups, in which case it would need to be more intensive and progressive (as a step towards exercise in standing).

Evidence:

Robinson KR, Long AL, Leighton P, Armstrong S, Pulikottill-Jacob R, Gladman JRF, et al. Chair based exercise in community settings: A cluster randomised feasibility study. *BMC Geriatr.* 2018;18(1). <http://dx.doi.org/10.1186/s12877-018-0769-4>
Robinson, Katharine (2017) Developing a chair based exercise programme for older people in a community setting. PhD thesis, University of Nottingham. <http://eprints.nottingham.ac.uk/41695/>

What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

 @clahrc_em  www.clahrc-em.nihr.ac.uk  clahrc-em@leicester.ac.uk

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