

Exercise in the Elderly Part One – Table 3

Conditions	Associations
Polypharmacy	Falls, functional impairment, delirium, drug reactions, mortality
Depression	Reduced motivation, can be medication induced
Arthritis	Pain, functional impairment
Dementia	Falls, cognitive impairment
Heart failure	Shortness of breath, peripheral edema, impaired endurance
COPD	Shortness of breath, impaired endurance
Cancer	Fatigue, pain
Sarcopenia	Fatigue, weakness, falls, impaired ADLs
Incontinence	Skin breakdown, infection, social stigma, impaired quality of life
Stroke	Impaired gait, impaired cognition, falls, impaired ADLs and IADLs
Visual impairment	Falls, impaired ADLs and IADLs
Peripheral neuropathy	Sensory dysfunction, falls, gait instability
Anemia	Fatigue, angina