
Learning Objectives

MedBridge

Clinical Decision Making for Exercise Prescription in the Home

Wendy K. Anemaet, PT, DPT, PhD, GCS, GTC, COS-C

Course Objectives

1. Describe a framework for clinical decision making in therapeutic exercise prescription
2. Discuss indications and contraindications for different types of therapeutic exercise
3. List at least 2 exercises that would be appropriate for each of the following: tissue healing, mobility, stability, initiation, motor control, performance improvement, and advanced coordination and skill

Chapter 1: The Therapeutic Exercise Prescription Framework

- Define therapeutic exercise
- Describe several types of therapeutic exercise used in therapy
- Outline a framework for clinical decision making in therapeutic exercise

Chapter 2: Principles and Parameters for Dosing Therapeutic Exercise

- Give examples of ways to obtain progressive overload
- Define specificity
- Compare and contrast variation and progressive overload

Chapter 3: Prescribing Therapeutic Exercise for Each Frame of the Framework

- Cite indications and contraindications for each frame of the exercise framework
- List at least one exercise that could be used for each of the following: tissue healing, mobility, performance initiation, motor control, performance improvement, and advanced coordination and skill