
Objectives and Program Schedule

MedBridge

Exercise Prescription in the Home: Mobility

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Course Description

It is well known that exercise can help patients at all phases of their rehabilitation, but what exercises are best for patients with soft tissue and joint mobility restrictions? In order to improve function and activity exercises prescribed during this time one needs to enhance mobility without causing any setbacks. This course discusses the physiology behind soft tissue and joint mobility restrictions, how clinicians can use a clinical decision making process for therapeutic exercise prescription, and practical examples of assessing and prescribing exercise for improving mobility. With this information, clinicians enhance patient outcomes through appropriate use of exercise.

Objectives

1. Describe how mobility exercise fits in framework for clinical decision making in therapeutic exercise prescription
2. Discuss indications and contraindications for mobility exercise
3. List ways to assess the need for and progress with mobility exercise
4. Detail various types of exercise and appropriate dosage to effect soft tissue and joint mobility
5. Apply mobility exercise principles to a variety of patients

Chapter 1: The Physiology of Mobility

This chapter details where exercise for mobility fits within the exercise framework. It describes soft tissue and joint mobility restrictions and discusses factors that aid in regaining mobility in order to provide the background for prescribing exercise to enhance mobility.

Objectives

- Give an example of when an exercise for mobility would be appropriate
- Compare and contrast soft tissue and joint restrictions
- List factors that facilitate regaining soft tissue and joint mobility

Lecture and Demonstration: 7 minutes, Learning Assessment: 10 minutes

Chapter 2: Assessing the Need for and Progress with Mobility Exercise

This chapter describes ways to assess joint range of motion, muscle and soft tissue length, and joint play and end feels. Assessment of these aspects will lay the groundwork for prescribing exercise to enhance joint and soft tissue mobility.

Objectives

- Describe at least one assessment technique that could be used to assess joint range of motion and soft tissue length

- *Identify various end feels and interpret their meaning*

Lecture and Demonstration: 7 minutes, Learning Assessment: 10 minutes

Chapter 3: Exercises for Mobility

This chapter describes exercises that would improve joint and soft tissue mobility. It includes indications and contraindications, types of exercise, and exercise parameters.

Objectives

- *Cite indications and contraindications for exercises for joint and soft tissue mobility*
- *Prescribe an exercise that will enhance mobility*
- *List the pros and cons of passive, active assisted and active range of motion exercise*
- *Compare and contrast passive and active stretching techniques*

Lecture and Demonstration: 40 minutes, Learning Assessment: 10 minutes

Chapter 4: Case Application of Exercises for Mobility

This chapter describes a case of a patient with decreased motion in her knee after a total knee arthroplasty. It includes a demonstration of assessment and outcome measurement techniques and exercise prescription for mobility.

Objectives

- *Identify the need for mobility exercise*
- *Cite at least two assessment or outcome measurement techniques that would be appropriate for use in this case*
- *Prescribe two exercises detailing specific parameters that would improve mobility in this case.*

Lecture and Demonstration: 8 minutes, Learning Assessment: 10 minutes

Total Time: 2 hours