
Learning Objectives

MedBridge

Exercise Prescription in the Home: Stability & Motor Control

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Course Objectives

- Describe how stability, performance initiation, and motor control exercise fits in framework for clinical decision making in therapeutic exercise prescription
- Discuss indications and contraindications for stability, performance initiation, and motor control exercise
- List ways to assess the need for and progress with stability, performance initiation, and motor control exercise
- Detail various types of exercise and appropriate dosage to improve stability, performance initiation, and motor control
- Apply stability, performance initiation, and motor control exercise principles to a variety of patients

Chapter 1: The Physiology of Performance Initiation, Stability, and Motor Control

- Give an example of when an exercise for performance initiation would be appropriate
- Compare and contrast performance initiation, motor control, and stability
- Describe how performance initiation, motor control, and stability work together in muscle performance, balance performance, and cardiovascular performance

Chapter 2: Assessing the Need for and Progress with Performance Initiation, Stability, and Motor Control Exercise

- Identify signs that a patient would benefit from performance initiation, stability, and motor control exercise
- Describe at least one assessment technique that could be used to assess each of the following: muscle performance initiation, balance performance initiation, cardiovascular performance initiation, stability, and motor control

Chapter 3: Exercises for Performance Initiation, Stability, and Motor Control

- Cite indications and contraindications for exercises for performance initiation, stability, and motor control
- Prescribe an exercise that will provide performance initiation, stability, and motor control
- Describe the rationale behind the parameters for these types of exercise
- List techniques that can assist in achieving enhanced performance initiation, stability, and motor control

Chapter 4: Case Application of Exercises for Performance Initiation, Stability, and Motor Control

- Identify the need for performance initiation, stability, and motor control 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 enhance performance initiation, stability, and motor control in this case