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# Learning Objectives

MedBridge

*Exercise Prescription in the Home: Performance Improvement*

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## Course Objectives

- *Describe how performance improvement exercise fits in framework for clinical decision making in therapeutic exercise prescription*
- *Discuss indications and contraindications for performance improvement exercise*
- *List ways to assess the need for and progress with muscle, balance, and cardiovascular performance improvement*
- *Detail various types of exercise and appropriate dosage to improve muscle performance, balance, and aerobic capacity*
- *Apply performance improvement exercise principles to a variety of patients*

## Chapter 1: The Physiology of Performance Improvement

- *Give an example of when an exercise for performance improvement would be appropriate*
- *Compare and contrast performance improvement for muscle, balance, and cardiovascular.*

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

- *Identify the need for performance improvement exercise*
- *Describe at least one assessment technique that could be used to assess each of the following: muscle strength, muscle power, muscle endurance, balance, and aerobic capacity*

## Chapter 3: Exercises for Performance Improvement

- *Cite indications and contraindications for exercises for performance improvement*
- *Prescribe an exercise that will improve performance*
- *Compare and contrast exercise for improving muscle strength, power, and endurance*

## Chapter 4: Case Application of Exercises for Performance Improvement

- *Cite indications and contraindications for exercises for performance improvement*
- *Prescribe an exercise that will improve performance*
- *Compare and contrast exercise for improving muscle strength, power, and endurance*