
Learning Objectives

MedBridge

Exercise Prescription in the Home: Advanced Coordination & Skill

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Course Objectives

- Describe how advanced coordination and skill exercise fits in framework for clinical decision making in therapeutic exercise prescription
- Discuss indications and contraindications for advanced coordination and skill exercise
- List ways to assess the need for and progress with these exercises
- Detail various types of exercise and appropriate dosage
- Apply advanced coordination and skill exercise principles to a variety of patients

Chapter 1: The Physiology of Advanced Coordination and Skill

- Give an example of when an exercise for advanced coordination and skill would be appropriate
- Compare and contrast elements that can be incorporated into an exercise to effect improved coordination and skill

Chapter 2: Assessing the Need for and Progress with Advanced Coordination and Skill Exercise

- Describe at least one assessment technique that could be used to assess advanced coordination and skill
- Prescribe an exercise that will enhance coordination and skill acquisition
- List the pros and cons of these types of exercise

Chapter 3: Exercises for Advanced Coordination and Skill

- List ways to assess the need for and progress with these exercises
- Detail various types of exercise and appropriate dosage

Chapter 4: Case Application of Exercises for Advanced Coordination and Skill

- Identify the need for advanced coordination and skill 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 advanced coordination and skill in this case.