
Learning Objectives

MedBridge

Effective Exercise Dosing to Optimize Recovery and Beyond

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Course Objectives:

Upon completion of this course, learners will be able to:

- Identify basic physiological changes associated with aging by system and potential benefits of exercise interventions
- Describe barriers for participation in physical activity commonly experienced by older adults
- Provide rationale for maximizing therapeutic intervention during an episode of care within safe guidelines for aging adults and the conditions with which they present
- Explain applications for tests and measures in comprehensive evaluation of older adults related to clear communication
- Apply the ICF framework in describing the limitations identified in the evaluation across functional domains
- Review physical stress theory as foundational knowledge for application of exercise interventions

Chapter 1: The Case for Physical Activity

Older adults benefit from regular physical activity to enhance mobility, safety, independence and quality of life as well as reduce risks for chronic conditions and all-cause mortality. Yet, only 16% of older adults meet national guidelines for participation in physical activity. This chapter explores the barriers which our geriatric patients face and the risks associated with a sedentary lifestyle compounding aging factors. Potential improvements in these same health factors are summarized.

Chapter 2: Beginning with Objective Measures and the ICF Framework

Use of functional assessment tools provides objective baseline data for performance, assists in development of the plan of care, and directs discharge readiness. It is imperative for therapists to utilize evidence-based assessment procedures, combined with fundamental science in clinical decision making for exercise prescription. The International Classification of Function, Disability and Health (ICF) framework provides the basis for choice and application of these tools and principles. This chapter provides a brief overview of the integration of these elements.