

Exercise Therapy

Prescriptive or Descriptive?



The State of PT Today

“Therapeutic exercise and functional training are the cornerstones of physical therapist treatment.”

APTA web site (2008)

(<http://www.apta.org/AM/Template.cfm?Section=ConsumersI&Template=/CM/HTMLDisplay.cfm&ContentID=39568>)

So What Do You Think When You Read That Statement?



The State of PT Today

“Therapeutic exercise and functional training are the **cornerstones** of physical therapist treatment.”

APTA web site (2011)

(<http://www.moveforwardpt.com/Default.aspx>)

‘Cornerstone’

- Defⁿ – ‘an indispensable part or basis’
- Fundamental building block – the stone that connects two walls to provide support
- Sounds pretty important doesn’t it?
- Maybe we should pay attention then

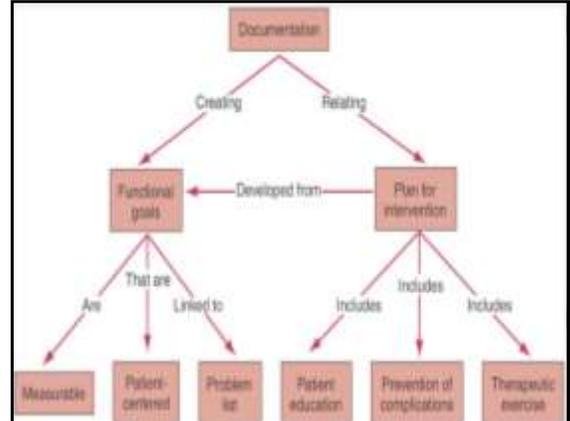
The *Guide to Physical Therapist Practice* describes therapeutic exercise as a procedural **intervention** that is intended to reduce impairments, functional limitations, or disabilities that interfere with a patient’s ability to perform physical tasks.

(Huber, Francis E. *Therapeutic Exercise: Treatment Planning for Progression*, 2nd Edition. W.B. Saunders Company)



Physical therapists focus on patient goals and functional gains rather than protocols and “cookbook” recipes for intervention for a particular diagnosis.

(Huber, Francis E. *Therapeutic Exercise: Treatment Planning for Progression*, 2nd Edition. W.B. Saunders Company)



Olympic Exercises

- [Training Like an Olympian - Apolo Ohno](#)



What is the Purpose of PT?

- To identify the source of the injury and remove the source and its effects
- To return a patient to their functional normal pre-injury condition



The Skill is to Know What Treatment is Necessary and When to Provide it



So What About Exercise?



- Is exercise needed for each patient?
- What type of exercise is required?
- Do you ever not prescribe exercise?

Is Exercise Appropriate?

- How quickly does strength diminish?
 - If an injury occurs today, how quickly will strength decrease?
- How quickly after injury do you see the patient?
 - Time of injury is key – the longer after the injury that you see the patient the more potential issues that could arise.

Is Exercise Appropriate?

- How active is the patient?
 - How does their lifestyle impact their injury and affect their strength loss/gain?

Will exercise really help?

Type of Exercise?

- Strengthen weakness in the way it needs to be strong
 - Concentric strength needs concentric exercise
 - Eccentric strength needs eccentric exercise
- Specificity is vitally important
- Progressive exercise is essential
 - Increase resistance as strength improves
 - Don't do the same thing day after day - progress

Exercise Prescription

- As part of this year's tutorials:
 - Design an exercise program each week
 - Use technology to assist in the process – **Exercise Pro**
 - Provide easy to understand instructions to the patient
 - Review exercise program with your group to ensure that it is effective
 - Each group will hold **2 Tutorial sessions in the gym** going through therex and progression

Exercise Pro

Using technology to aid recovery

