

Contents

PART I:

General Concepts 1

CHAPTER 1

Therapeutic Exercise: Foundational Concepts 1

THERAPEUTIC EXERCISE: IMPACT ON PHYSICAL FUNCTION 2

- Definition of Therapeutic Exercise 2
- Aspects of Physical Function: Definition of Key Terms 2
- Types of Therapeutic Exercise Intervention 3
- Exercise Safety 3

PROCESS AND MODELS OF DISABLEMENT 4

- The Disablement Process 4
- Models of Disablement 4
- Use of Disablement Models and Classifications in Physical Therapy 5

PATIENT MANAGEMENT AND CLINICAL DECISION MAKING: AN INTERACTIVE RELATIONSHIP 11

- Clinical Decision Making 11
- Evidence-Based Practice 11
- A Patient Management Model 12

STRATEGIES FOR EFFECTIVE EXERCISE AND TASK-SPECIFIC INSTRUCTION 24

- Preparation for Exercise Instruction 24
- Concepts of Motor Learning: A Foundation of Exercise and Task-Specific Instruction 24
- Adherence to Exercise 31

INDEPENDENT LEARNING ACTIVITIES 33

CHAPTER 2

Prevention, Health, and Wellness 37

Karen Holtgreffe, DHS, PT, OCS

ROLE OF PHYSICAL THERAPY IN HEALTHY PEOPLE 2010 37

- Identifying Risk Factors 38
- Determining Readiness to Change 38
- Developing and Implementing a Program 40
- Case Example: Exercise and Osteoporosis 40
- Additional Considerations for Developing Prevention, Health, and Wellness Programs 41

INDEPENDENT LEARNING ACTIVITIES 42

PART II:

Applied Science of Exercise and Techniques 43

CHAPTER 3

Range of Motion 43

TYPES OF ROM EXERCISES 44

INDICATIONS AND GOALS FOR ROM 44

- Passive ROM 44
- Active and Active-Assistive ROM 44

LIMITATIONS OF ROM EXERCISES 45

- Limitations of Passive Motion 45
- Limitations of Active ROM 45

PRECAUTIONS AND CONTRAINDICATIONS TO ROM EXERCISES 45

PRINCIPLES AND PROCEDURES FOR APPLYING ROM TECHNIQUES 45

- Examination, Evaluation, and Treatment Planning 45
- Patient Preparation 46
- Application of Techniques 46
- Application of PROM 46
- Application of AROM 46

ROM TECHNIQUES 46

- Upper Extremity 47
- Lower Extremity 52
- Cervical Spine 55
- Lumbar Spine 55
- Combined Patterns of Motion 56

SELF-ASSISTED ROM 56

- Self-Assistance 57
- Wand (T-Bar) Exercises 59
- Wall Climbing 60
- Overhead Pulleys 60
- Skate Board/Powder Board 61
- Reciprocal Exercise Unit 61

CONTINUOUS PASSIVE MOTION 61

- Benefits of CPM 61
- General Guidelines for CPM 62

ROM THROUGH FUNCTIONAL PATTERNS 62

INDEPENDENT LEARNING ACTIVITIES 63

CHAPTER 4:

Stretching for Impaired Mobility 65

DEFINITIONS OF TERMS RELATED TO MOBILITY AND STRETCHING 66

- Flexibility 66
- Hypomobility 66
- Contracture 66
- Types of Contracture 67
- Interventions to Increase Mobility of Soft Tissues 68
- Selective Stretching 69
- Overstretching and Hypermobility 69

