



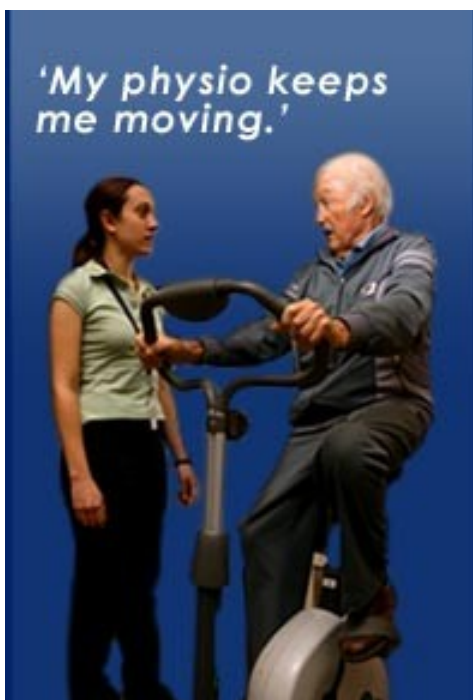
EXERCISE PRESCRIPTION

As a doctor, you are already aware of the benefits of exercise for your patients. Physiotherapists are well trained in preparing exercise prescription for patients with an injury, a chronic disease, and those recovering from illness or surgery, who need more direction in maintaining a healthy lifestyle. All of these people will greatly benefit from your referral for a graded exercise programme that North East Physiotherapy can provide.

High risk and low risk patient groups

For high risk patients, therapeutic exercise is an integral part of the physiotherapy treatment. The physiotherapists at North East Physiotherapy assess and use clinical reasoning to develop targeted exercise programmes. Clinical reasoning requires the individual to be considered in his or her entirety. Contra-indications or likely complications are factored into the prescription to avoid detrimental effects, maximising safety and effectiveness.

The lower risk group includes those individuals who wish to maintain or regain a healthy life-



style. Exercise prescription to assist individuals maintain an active and healthy lifestyle is a growing area of awareness and importance. Our physiotherapists are ideally placed to provide this form of exercise prescription. As well as having detailed knowledge of anatomy, physiology and biomechanics, our physiotherapists are experienced teachers, good communicators and understand the importance of motivation.

You can use our expertise and experience to encourage your patients to participate in, or to adapt active exercise programmes to enhance their health management.

Our approach to exercise prescription

Physiotherapists at North East Physiotherapy approach exercise prescription by designing an appropriate exercise programme that takes into consideration the pathology of an injury or chronic disease, and focuses on functional outcomes. We deliver a comprehensive treatment program based on a biopsychosocial approach, encouraging patients to return to long term physical activity and exercise safely whilst promoting healing and musculoskeletal conditioning. Following a detailed initial assessment, we can determine appropriate exercise modes and limits. With regular reassessment, we are able to adjust the exercise programme accordingly whilst working toward an end point where normal exercise can resume. We aim to reduce the risks, particularly for patients with chronic and complex conditions, by working closely with you and the medical team. Your guidance and advice is a crucial part of our exercise prescription.





North East Physiotherapy exercise prescription always covers;

- * Goals of the patient and their medical practitioner
- * Safety
- * Medical condition and patient limitations
- * Specificity of the exercise/activity
- * Motivational and 'enjoyment' factors
- * Practicality of the type of exercise or activity
- * Specific, graded workloads, accounting for;
 - Duration of activity or session
 - Intensity guidelines
 - Frequency of exercise and sessions
 - Target heart rate range or estimated rate of perceived exertion
 - Precautions regarding health or injury issues.
- * Feedback and measurement of progress towards the agreed goals
- * Progression towards self-management with education and support.

Our physiotherapists oversee and assist with exercise

We all know that a patient's behaviour, routines, goals, and even their view of themselves can have an impact on how well they recover from an injury, or even take up an exercise programme. Simply telling patients to exercise or providing them with a pre-formatted list of generic exercises is not effective. To be motivated they need to understand the background and benefits of the treatment. The benefits of exercise require long-term compliance, so motivating patients to begin and continue physical activity is something we take very seriously and have strategies for. Physiotherapists at our practice use an evidence-based scientific approach to exercise prescription and delivery. Patients are carefully monitored to ensure that exercises are undertaken correctly, to ensure effectiveness



and to avoid exacerbating or causing new injuries. Where there is concern about the risks for the patient, we recommend that exercise should be prescribed and supervised by a physiotherapist. Where the risk is minimal or has diminished after a period of physiotherapist supervised exercise, we may recommend ongoing supervision by a suitably trained and competent person, with a view to progressing to a self-managed programme.



North East Physiotherapy can help your patients

Our practice is well-placed to prepare exercise prescription for your patients that present with injuries or chronic diseases, as well as those patients needing to maintain a healthy lifestyle. Our physiotherapists can assist them by designing an appropriate exercise program and by educating and supervising the patient at the suitable levels for their injury or condition. For patients recovering from illness, surgery or injury, North East Physiotherapy will facilitate a return to long term physical activity. Patients with chronic disease such as cardiovascular disease, diabetes, hypertension, osteoporosis or obesity can be assisted with attaining a level of physical activity that is safe and effective for the individual patient.

For more information about exercise in the management of medical conditions, visit our website; <http://www.nephysio.com.au/default.asp?ID=19>