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Assessment of Exercise Tolerance for Development of Safe Exercise Prescription

Part III: Exercise Assessment and Prescription

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 109 slides and is 139 minutes in duration.

- I. Cardiovascular and pulmonary assessment
 - A. Interview
 - B. Auscultation of heart and lung sounds
 - C. Assessment of BMI
 - D. Evaluation of waist and hip circumference
 - E. Measurement of resting vital signs

Interactive Questions — slide 16 @ 16 minutes

- II. Initial assessment of exercise tolerance
 - A. Simple exercise tests
 - 1. Ventilatory response test
 - 2. ADL tests
 - B. Walk tests
 - 1. Gait speed assessment
 - 2. 4-meter walk test
 - 3. Shuttle test
 - 4. 6-minute walk test

Interactive Questions — slide 40 @ 46 minutes

- C. Bike tests
- D. Treadmill tests
- E. Other tests
- F. Guidelines for formal exercise testing

Interactive Questions — slide 53 @ 71 minutes

- G. Other forms of testing
 - 1. Ankle brachial index
 - 2. Orthostatic hypotension
- H. Case studies

Interactive Questions — slide 65 @ 83 minutes

- IV. Developing an initial exercise prescriptions
 - A. Components
 - 1. Modes of exercise

Notes

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2. Intensity
 - a. Target heart rate
 - b. Rating of perceived exertion
 - c. Borg scale/dyspnea scale
 3. Duration
 4. Frequency

Notes

Interactive Questions — slide 82 @ 99 minutes

- B. Guidelines for older adults
 - C. Prescribing ADL activities
 1. MET values
 - D. Safety factors
 - E. Compliance factors
 - F. How to develop progression
 - G. Case studies
- V. Documentation
- A. *Guide to Physical Therapist Practice*
 - B. Desired patient outcomes
 1. Cardiac rehab outcomes
 2. Pulmonary rehabilitation changes
 3. HRQOL tools

Interactive Questions — slide 104 @ 137 minutes

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