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

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