

KEY ASPECTS OF THE IDEAL PHYSICAL REHABILITATION PROGRAM

Exercise Programs – Key Aspects	Clinic-Based Exercise Programs	Home/Gym Based Exercise Programs
<i>Personalized, Individual Approach</i>	<ul style="list-style-type: none"> • Client to therapist ratio is typically 3 to 1 • Limited supervision 	<ul style="list-style-type: none"> • Always on a 1 to 1 ratio • Constant supervision
<i>Environment/Setting</i>	<ul style="list-style-type: none"> • Main population is ill/injured individuals 	<ul style="list-style-type: none"> • Home setting provides comfort and convenience • Gym population is typically healthy and motivated
<i>Treatment Modalities</i>	<ul style="list-style-type: none"> • Emphasis on “passive” modalities (e.g., heat, ice, TENS) 	<ul style="list-style-type: none"> • Early, active treatment approach
<i>Type of Exercises</i>	<ul style="list-style-type: none"> • Emphasis is often on machine exercises (Nautilus, Cybex, etc.) • Often stretching is recommended as a “static hold” (i.e., hold the stretch for 15-30 seconds). • Common prescription for weights is a generic “3 sets of 10 repetitions” which does not account for individual differences, strengths and needs 	<ul style="list-style-type: none"> • Use of common household items and/or free weights, which are more accessible and cost-effective • “Active” stretching that transfers to activities of daily living • Intensity (load), tempo (speed of repetitions), and rest intervals is individualized
<i>Function</i>	<ul style="list-style-type: none"> • Emphasis is often on isolating specific injured muscles. 	<ul style="list-style-type: none"> • Emphasis on the entire body as a functional unit.

For additional information, please call 1-800-363-8900

Compliments of:

