

Lismore Spinal, Orthopaedic & Sports Physiotherapy

Exercise Prescription

As a doctor, you are already aware of the benefits of exercise for your patients, and exercise prescription is high on your agenda. Physiotherapists are well trained in preparing exercise prescription for patients with an injury or chronic disease. Your patients with an injury or chronic disease, or those who need more direction in maintaining a healthy lifestyle, will greatly benefit from your referral for a graded exercise programme and that's where we can help.

High risk and lower risk patient groups

Physiotherapy exercise prescription is suitable for both high risk patient groups and lower risk groups since it takes into consideration their pathology and/or their health needs.

For high risk patients, therapeutic exercise is an integral part of the physiotherapy treatment. The physiotherapists in our practice are skilled in assessment and clinical decision making. Clinical reasoning allows us to consider the individual as whole and contra-indications or likely complications can be factored into the prescription to avoid detrimental effects for patients.

The lower risk group includes those individuals who wish to maintain or regain a healthy lifestyle. Exercise prescription for health promotion, or 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 the in-depth knowledge of anatomy, pathology and our kinematic background, 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 adopt active exercise programmes to enhance the management of your patients.

Our approach to exercise prescription

Physiotherapists in our practice 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. Unlike exercise designed solely around biomechanics and enhancing sports performance, 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 potential risks of physical activity 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.

Our exercise prescription would normally cover:

- Type of exercise or activity
- Specific, graded workloads, taking into account:
 - Duration of activity or session
 - Intensity guidelines - Target heart rate range and estimated rate of perceived exertion
 - Frequency of exercise and sessions
 - Target heart rate range and estimated rate of perceived exertion
 - Precautions regarding certain musculoskeletal or other concerns



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Exercise Prescription *cont'd...*

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 is often not enough. They need to understand the background to, and benefits of the treatment to be motivated. The benefits of exercise require long-term compliance, so motivating patients to begin and continue physical activity is something we take very seriously. We know that when a patient has an injury that is not properly managed, the long term effects on motivation, compliance and physical activity can be devastating. This is why our practice approaches exercise scientifically at this crucial stage of patient motivation. The patients are carefully monitored to ensure that exercises are undertaken correctly so as to avoid worsening an injury or in extreme cases causing new injuries to other areas of the body. In cases where there is concern about the risks for the patient, our physiotherapists may recommend that exercise should be supervised by a physiotherapist. Where the risk is minimal or has diminished after a period of physiotherapist supervised exercise, the physiotherapist may recommend supervision by an exercise physiologist or may suggest self management for further strengthening and conditioning around the injured area.

Our practice help can 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 programme and by educating and supervising the patient at the suitable levels for their injury or condition. For patients with musculoskeletal conditions, our practice can assist a return to long term physical activity. Patients with chronic disease such as cardiovascular disease, diabetes, hypertension, osteoporosis or obesity can be assisted with the management of physical activity that is suitable based on risk factors for the individual patient.

***If you'd like to know more about our services,
please feel free to contact us for further discussion.***

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