

## **THERAPEUTIC EXERCISE, RESISTANCE TRAINING, NEUROMUSCULAR REHAB, AND THERAPEUTIC FUNCTIONAL ACTIVITIES FOR OLDER ADULTS**

Exercise is important in every age group but is especially important for older adults in order to maintain their independence. It is recommended that elderly people participate in some form of exercise generally on a daily basis. The elderly population may have more barriers to participating in exercise including several health conditions and co-morbidities but there are ways to prescribe an exercise program that fits the needs of every individual. There is a wide range of abilities among the elderly population just as there are in the general population and everyone is capable of some form of exercise and as a healthcare professional it is important to promote exercise and wellness to improve health. There are several different modes of exercise that can be used including Pilates based rehabilitation, Tai Chi, resistance training, and aerobic exercises just to name a few. It is important for a physician to clear a person for exercise if they have other co-morbidities or are going to begin anything more than a basic exercise program. Even the frailest elderly are able to participate in a supervised exercise program. The elderly population is at a higher risk of falls than the general population and exercise can help to decrease this risk.

### **Upon completion of this course, you will be able to:**

- Describe the aging process in terms of muscle strength, mobility, cardiovascular system, pulmonary system, height, weight and functional activity levels.
- Describe fall risks associated with aging and how to decrease the risk of falls in the elderly population.
- Describe how to prescribe an exercise program for the frail elderly.
- Define sarcopenia and understand how to develop an exercise program for those with this condition.
- Discuss the long term physical affects of exercise on the older adult population.
- Develop a strength training program that is safe and effective for older adults.
- Be able to prescribe exercise for special populations including older adults with arthritis, diabetes, hypertension, obesity, osteoporosis, peripheral arterial disease and pulmonary disease.
- Describe neuromuscular re-education for older adults.
- Describe how PNF improves balance and knee extensors strength of older fallers.
- Describe how Pilates based rehabilitation can improve functional outcomes and decrease risk of falls.
- Be able to develop a Pilates based rehabilitation exercise program for an elderly patient.
- Describe how Tai Chi can help postural control in the elderly.
- Describe how occupational therapists can help to educate and treat patients that are at risk for falling

**Author:** Lisa Augustyn, PT, DPT, Christine Church , M.S., OTR/L

**Contact Hours:** 5 Hours (AOTA CEUs—0.5) | **Educational Level:** Intermediate | **Prerequisites:** None

**Cost:** \$40 / Participant | **Target Audience:** OTs, OTAs, PTs, PTAs and Other Healthcare Professionals

Instructional Methods: Online Independent Self-Study (Training + Post-Test). A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

**AOTA Classification Codes:** Category 2—Occupational Therapy Process

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