



General Deconditioning Guidelines

Directions: Using the information collected from your evaluation and the ACSM guidelines described below, determine the level of activity most appropriate as a starting point for your patient. Once the level of balance has been decided, please involve the patient in the selection of the type of aerobic and strengthening exercises to be performed. Pay particular attention to the equipment and space resources available to patient so that exercises can be easily translated to an HEP.

Criteria for progression: When rate of perceived exertion is consistently < than recommended level of activity, increase time or intensity. The same should be applied to strengthening exercises.

Maintenance: Eventually, all patients will reach a true plateau. After following the action plans outlined in the General Guidelines, if a patient has still made no progress in 2 weeks, they will be considered to have reached a true plateau. A plateau is defined as <50 foot improvement in 6 minute walk distance of less than ½ of strengthening exercises have progressed in weight over the previous 2 weeks. At this time the patient is moved to the maintenance phase. Patients are instructed to continue performing the conditioning exercises at the level prescribed at the final treatment session in their HEP.

ACSM/AHA GUIDELINES FOR AEROBIC ACTIVITY IN THE OLDER POPULATION:

Aerobic Activity			
Recommendation	Frequency	Intensity	Duration
Older Adults	A minimum of 5 days a week for moderate intensity or a minimum of 3 days a week with vigorous activity.	Moderate intensity at 5-6 on a 10 point scale; vigorous intensity is 7-8 on a 10 point scale.	30 minutes a day of moderate intensity activity in bouts of at least 10 minutes each; continuous vigorous activity for at least 20 minutes a day.
Coronary artery disease	At least 3 days a week	Moderate intensity at 40-60% of HR reserve; vigorous intensity as tolerated at 60-85% of HR reserve	At least 30 minutes a day
Bone Health Osteoporosis	At least 3 days a week	Begin slowly and work up to 60-85% of max heart rate	Accumulate at least 30 minutes a day of moderate intensity physical activity on as many days of the week as possible; those who have been inactive should start at 5-10 minutes of activity per day
Hypertension	All days of the week	Moderate intensity 40-<60% of VO2max reserve	Accumulate 30-60 minutes a day moderate-intensity activity in bouts of 10 minutes each
Type 2 Diabetes	At least 3 days a week with no more than 2 consecutive days without activity	Moderate intensity at 50-70% of HRmax; vigorous intensity at >70% of HRmax	At least 30 minutes a day.
Stroke	3-7 days a week	50-80% of HRmax	20-60 minutes or multiple 10 minute sessions
Osteoarthritis	3-5 days a week	50-60% of HRmax	Begin with 20-30 minutes a day and progress as appropriate.

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ACSM/AHA GUIDELINES FOR MUSCLE-STRENGTHENING ACTIVITY IN THE OLDER POPULATION:

Muscle-Strengthening Activity			
Recommendation	Frequency	Duration	Intensity
Older Adults	A minimum of 2 days a week.	8-10 exercises involving major muscle groups; 10-15 repetitions	The level of effort for each muscle strengthening activity should be moderate at a 5-6 on a 10 point scale to high 7-8 on a 10 point scale.
Cardiovascular disease	2-3 days a week	8-10 exercises involving major muscle groups; 1 set of 8-15 reps (may progress to greater than 1 set).	The level of effort for each muscle strengthening activity should be moderate at a 5-6 on a 10 point scale to high 7-8 on a 10 point scale.
Bone Health Osteoporosis	2-3 days a week	A progressive program of weight training that uses all muscle groups.	Sufficient intensity to improve muscle strength; increase amount of weight lifted gradually over time.
Hypertension	2-3 days a week	8-10 exercises involving major muscle groups; 1 set of 8-15 reps (may progress to greater than 1 set).	The level of effort for each muscle strengthening activity should be moderate at a 5-6 on a 10 point scale to high 7-8 on a 10 point scale.
Type 2 Diabetes	3 days a week	All major muscle groups; progress to 3 sets of 8-10 reps; use a weight that cannot be lifted >8-10 times	The level of effort for each muscle strengthening activity should be moderate at a 5-6 on a 10 point scale to high 7-8 on a 10 point scale.
Stroke	2-3 days a week	8-10 exercises involving major muscle groups; 1-3 sets of 10-15 reps	The level of effort for each muscle strengthening activity should be moderate at a 5-6 on a 10 point scale to high 7-8 on a 10 point scale.
Osteoarthritis	2-3 days a week	8-10 isotonic exercises involving major muscle groups; 6-15 reps of isotonic exercise depending on intensity; begin with one set and progress and appropriate	The level of effort for each muscle strengthening activity should be moderate at a 5-6 on a 10 point scale to high 7-8 on a 10 point scale.

Flexibility: at least 2 days a week for at least 10 minutes each day



Borg Rate of Perceived Exertion

0	nothing at all
0.5	extremely weak (just noticeable)
1	very weak
2	weak (light)
3	moderate
4	somewhat strong
5	strong (heavy)
6	
7	very strong
8	
9	
10	extremely strong (almost maximal)
*	maximal

Karvonen:

Target Heart Rate = ((max HR – resting HR) × %Intensity) + resting HR example

Reference:

Nelson, M.E., Rejeski W.J., Blair S.N., Duncan P.W., Judge J.O., King A.C., Macera C.A., and C. Castaneda-Sceppa. Physical activity and public health in the older adults: recommendation from the American College of Sports Medicine and the American Heart Association. *Med. Sci. Sports Exerc.*39 (8): 1435-1445, 2007.