**Condition specific exercise guidelines and further considerations for the patient.**

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| --- |
| **Condition** **specific** **exercise** **recommendations** |
| **Exercise****recommendations** |  |
| **Frequency** |  |
| **Intensity** |  |
| **Time** |  |
| **Type of activity** |  |

|  |
| --- |
| **Further** **considerations** **(e.g.** **safety** **issues,** **exercise** **programming** **issues** **given** **the** **patient’s** **medical** **conditions).** |
|  |
| **Contraindicated** **exercises** **(e.g.** **inappropriate** **activity** **given** **the** **patient’s** **medical** **conditions).** |
|  |
| **Which** **training** **system/s** **would** **be** **suitable** **for** **your** **patient** **and** **how** **can** **this/these** **be** **used** **to** **provide** **variety** **and** **ensure** **the** **programme** **remains** **effective?** |
|  |
| **When** **the** **patient** **should** **be** **referred** **back** **to** **a** **healthcare** **professional** **(if** **appropriate)** |
|  |

**Condition specific exercise recommendations**