

## Preparing resources and clients



**Unit:** Instructing exercise with referred patients

## CONSIDER ...

What types of exercises/physical activities and resources are available for delivery of exercise referral?

# Selecting exercises and physical activities

## Gym-based

- Cardiovascular:
  - Treadmills
  - Bikes (recumbent and upright)
  - Rowers
  - Cross-trainers
  - Steppers
- Resistance equipment:
  - Resistance and cable machines
  - Free weights (including dumbbells, barbells)
  - Exercise bands and tubing
  - Body weight



# Selecting exercises and physical activities

## Studio or pool

- Pilates
- Yoga
- Circuits
- Exercise to music
- Aqua
- Swimming



## Non-gym or studio

- Walking
- Cycling
- Sport
- Home-based
- ADLs



# CONSIDER ...

What would determine the choice of exercises/physical activities selected to help clients achieve their goals?

AND

How would you obtain and prepare the resources needed for planned exercises/physical activities?

# Exercises and resources

## What would determine?

- Initial consultation
- Client wants, needs, goals
- Availability
- Accessibility
  - mobility /independence
- Type of programme
- Location of programme
  - Gym, studio etc

## How to obtain?

- Check number of clients (if groups)
  - Amount of equipment
  - Space in environment
- Environment & Equipment
  - Booking
  - Risk assess
- Home-based
  - Provision of equipment & checks

# Considerations

- Room set up
- Lighting
- Temperature
- Ground and floor surfaces
- Equipment safety
- Nearest telephone
- First aid box
- Access to water
- Location of toilets
- Client medication
- Availability of seating

# Pair task and discussion

*When preparing clients for exercise, how would you?*

- *Help them to feel at ease*
- *Explain objectives and physical demands*
  - *Explain progressions/regressions*
- *Check client readiness and negotiate changes*
  - *Maintain records*



# Helping clients feel at ease

- Personal qualities
  - Friendly, approachable
  - Empathic, non- judgemental, willing to help
- Scheme induction
  - Tour of building
  - Introduce to other clients
  - Introduce to other instructors
  - Induction to equipment
  - Health and safety
- Each session
  - Spend time at start to check how they are
  - Outline structure of session and how they should feel
  - Explain activities can be adapted and modified
  - Encourage them to ask questions or ask for help
  - Speak at end of session

# Explaining planned objectives

- The benefits of specific activities and how they meet goals
  - joint mobility (e.g. osteoarthritis etc)
  - warm up and cool down to allow the circulatory system to adapt
  - resistance training for bone health

# Explaining demands, progressions and regressions



- Overview of the session structure (warm up etc)
- How they should feel at different stages
- Normalise the exercise response
  - slightly breathless, warmer,
  - heart rate increasing, muscles ache slightly
- Modifications available
- Ask for help

# State of readiness and negotiating changes

- Ask how they feel at each session
- 1-10 scale
- Address any concerns
- What would make them feel more ready?
- Anything you could do to help?
- Option to modify and adapt
- Record all changes (with reasons) on programme plans
- Clear audit trail