

Instructing and adapting planned exercises



Unit: Instructing exercise with referred patients

TASK

What would you consider when selecting an appropriate motivational style?

Motivational style considerations

- Same approaches used with referred and healthy clients
- For referred clients:
 - be more empathetic
 - be more patient, especially if their fitness level is low
 - use appropriate language and metaphor to motivate
 - may need to allay any fears associated with exercise training and condition
 - more affirmative reinforcement to build motivation
 - avoid drill sergeant or shouting

TASK

*What is the purpose and value of a warm up?
What exercises and activities would you include?
How could you make sure the warm up is appropriate
for different referred clients?
Discuss suitable warm-up activities/exercises for a
number of medical conditions*

Appropriate warm ups

Purpose: Prepare the body and mind

- Joint mobilisation
- Body warming and pulse-raising
- Muscle lengthening
- Mental and psychological preparation
- Rehearsal of movement patterns

General considerations

- Longer duration
- Lower intensity
- More gradual increase of intensity
- More mobility
- Maybe focus on additional joints (e.g. Joint conditions)
- Less complex
- Slower and steadier pace

Condition specific adaptations/considerations

Osteoarthritis and low back pain

- More mobility exercises, comfortable range of motion
- Less weight bearing, avoid over repetitive movements

Hypertension or respiratory conditions

- Longer, more steady incline of intensity
- Use RPE or breathlessness scale

Obesity

- Less weight bearing, avoid over repetitive movements

Low intensity walking is an accessible activity for many

CONSIDER

How would you make best use of the environment?

Making best use of the environment

Type of environment:

- Pool
- Studio
- Gym
- Outdoors

Best use:

- Prepare in advance
- Risk assess
- Availability of equipment
- Number of people attending (one-to-one or group)

Be ready to adapt!

- Individual exercises
- Whole programme
- Contingency plan

TASK

How would you?

- Provide instructions, explanations and demonstrations that are technically correct, safe and effective
- Adapt verbal and non-verbal communication methods to make sure patients understand what is required

Instructing and communication skills

- Clear, concise instructions and explanations
- Emphasise key words
- Use simple terminology
- Use motivational language
- A positive encouraging voice tone
- Demonstrate with correct alignment and technique
- Visual cues and gestures
- Visualisations, e.g. Arms float upwards, strong push etc

CONSIDER

How would you?

- Ensure clients can carry out the exercises safely on their own
- Analyse the performance of clients
- Correct exercise technique

Correcting exercise technique

- Observe from different angles
- Change teaching position
- Reinforce teaching points – specific, positive advice
- Make eye contact
- Repeat demonstration
- Manual correction (guide, not force – with care)
- Ask how they find exercises
- Ask where they feel exercises and what they feel

CONSIDER

How would you?

- Progress or regress exercises
- Monitor and modify the intensity of exercise

Progress and regress

Modify intensity

Increase or decrease

- Duration
- Repetitions
- Range of motion
- Resistance
- Speed
- Number of exercises

Monitor intensity

- Observe
- Talk test
- RPE
- Heart rate monitoring

TASK

Plan a warm up for a client or group of clients with one or more medical conditions