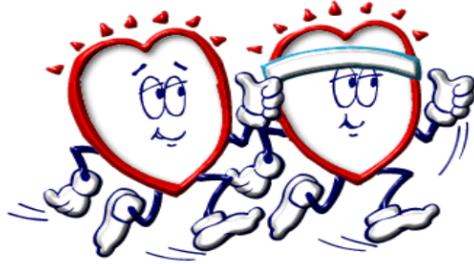


Nearly 80% of US adults and adolescents are insufficiently active, leading to more chronic conditions including *heart disease, diabetes, obesity, and depression.*

The good news is, regular physical activity can prevent and improve many chronic conditions!



APTA ND

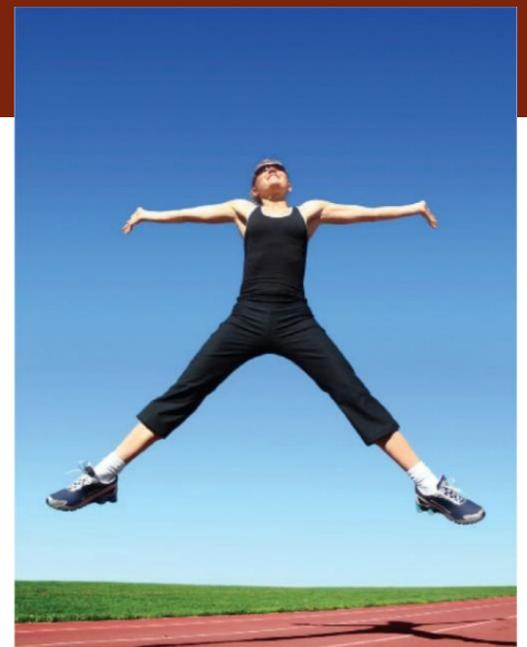
QA BULLETIN

Q1 2020

This year the QA committee will be delivering up to date information on prevention. Stay tuned for more information on nutrition, falls prevention, motivation, and mental health impact! Let's ensure 2020 allows us to Move Forward and Choose PT!

GENERAL EXERCISE

There is strong evidence that high amounts of sedentary behavior increase the risk for mortality. Individuals who maintain sedentary behavior over time have the highest risk of mortality; conversely, those with sustained low levels of sedentary behavior have the lowest risk. Those who report changes in sedentary behavior have an intermediate mortality risk. Moderate to vigorous physical activity should be a part of every adult's lifestyle, especially for those who are sedentary for a large portion of their day. **Update from the Physical Activity Guidelines Advisory Committee of the American College of Sports Medicine (2019)**



HOW MUCH HELPS?

Check out this facts sheet for your patients and yourself!

<https://health.gov/pa-guidelines/moveyourway/#factsheets>

Ages 3-5

At least 3 hours/day

Ages 6-17

At least 60 minutes/day

Ages 18-64

At least 150 minutes moderate intensity (40-60% heart rate max) aerobic activity per week and at least 2 days strengthening activities

Ages 65+

Same as adults but should also include balance training

Adults with chronic health conditions and disabilities

At least 150 minutes of moderate intensity activity/week
**consult with professional about types and amount*
**Heart rate max 30-40% for very deconditioned to make improvements*

According to the Physical Activity Guidelines for Americans (second edition):
https://health.gov/pa-guidelines/second-dition/pdf/physical_activity_guidelines_2nd_edition.pdf

QUALITY ASSURANCE BULLETIN

DO YOU MEASURE UP?

Physical therapy plays a large role in prevention. A therapist can utilize these measures (and more) to appropriately and safely determine your strength, balance, and cardiovascular level and compare to normative data based on your age. After evaluating physical therapists can determine a place to start and how to progress to return you to your activities you love! **Interested in learning more about your current health level?** Reach out to your primary care provider about therapy or a therapy clinic near you!

6-min Walk Test <https://www.sralab.org/rehabilitation-measures/6-minute-walk-test>

Grip Strength <https://www.sralab.org/rehabilitation-measures/hand-held-dynamometergrip-strength>

30 Second Chair Rise <https://www.sralab.org/rehabilitation-measures/30-second-sit-stand-test>

KARVONEN FORMULA

$$(220) - (\text{your age}) = \text{MaxHR}$$

$$\text{Target Training HR} = \text{Resting HR} + (0.6 [\text{maximum HR} - \text{resting HR}])$$

$$\begin{aligned} (\text{MaxHR}) - (\text{resting heart rate}) &= \text{HRR} \\ (\text{HRR}) \times (\% \text{ desired } 30\text{-}90\%) &= \text{training range } \% \end{aligned}$$

$$(\text{training range } \%) + (\text{resting heart rate}) = (\text{your target training zone})$$

Example: 60-80% training range, take each % + RHR= target zone

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♥ **Aerobic Zone - 70% to 80% HR Max**

Exercising in this zone will help to develop your aerobic system and the ability to transport and utilize oxygen. Continuous or long, slow distance endurance training should fall under in this heart rate zone.

♥ **Anaerobic Zone 80% to 90%**

Training in this zone will help to improve your body's ability to deal with lactic acid. It may also help to increase your lactate threshold.

♥ **Recovery Zone - 60% to 70%**

Active recovery training should fall into this zone (ideally to the lower end). It's also useful for very early pre-season and closed season cross training when the body needs to recover and replenish.

Large muscle groups and exercises for strengthening:

Chest and back → push-ups/rows

Arm and shoulder → bicep curl/tricep extension/shoulder raise

Abdominals → plank/bird dog/side plank/dead bug

Legs and buttocks → squat/side step/deadlift/heel raise

Warm Up AND Cool Down

50% of stimulus intensity for 5-15 min

Done moving?

Gains decrease to 50% within 4-12 weeks when you stop the activity

"The key point for patients is that large health benefits accrue from even small amounts of physical activity and that even short-duration activity lasting less than 10 minutes is beneficial."

<http://www.apta.org/PTinMotion/News/2018/11/13/HHSPAGuidelinesRevision/>