

Presented by Kyle Coffey PT, DPT, ACSM-EP

Physical therapists are movement and exercise experts and advertise as such to the public and healthcare community. However, are physical therapists consistently applying the scientific principles of exercise prescription and programming to optimize the effectiveness of exercise and movement as medicine? Due to a multitude of factors, the answer is often no. This session aims to review basic exercise prescription and programming principles, including testing and evaluation, while learning to apply to a variety of patient populations artfully and skillfully.

Objectives

- Describe the adaptations that occur on the neuromuscular, hormonal, and muscular levels with resistance training.
- Describe the guidelines for muscular hypertrophy as set forth by the American College of Sports Medicine (ACSM) and National Strength and Conditioning Association (NSCA).
- Describe the clinical paradox that occurs in physical therapy with respect to intensity of training.
- Identify effective and efficient ways to assess muscular strength and cardiorespiratory fitness.
- Review the exercise parameters that lead to proper prescription and programming.
- Describe ways we can clinically apply exercise physiology principles during evaluation and treatment of patients.
- Discuss how proper exercise prescription and programming can be aided by modalities such as NMES and TENS.

References

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Biosketch

Kyle Coffey, PT, DPT, ACSM-EP is an Associate Teaching Professor in the Department of Physical Therapy and Kinesiology at the University of Massachusetts Lowell. He is a proud "Double Riverhawk. Dr. Coffey is passionate about educating patients and clinicians about the benefits of movement and exercise on health and wellness.

Dr. Coffey is a licensed physical therapist in the Commonwealth of Massachusetts and the State of New Hampshire and has extensive clinical experience with a variety of patient and client populations in community, hospital, and private practice settings. He holds credentials as a Certified Exercise Physiologist (ACSM-EP) from the American College of Sports Medicine (ACSM).

Dr. Coffey is also a clinical expert in the application of blood flow restriction and has created and teaches continuing education courses on the topic throughout the country and internationally. He is an active member in national and regional professional organizations associated with the American Physical Therapy Association (APTA), American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association. He is currently serves on ACSM's Communications and Public Relations Committee.