

ARTHRITIS/JOINT PAIN PROGRAM OUTLINE

First month

WEEK	APPOINTMENTS WITH STAFF	DETAILS OF APPOINTMENTS	TESTING/ EVALUATIONS	CLASSES/ LECTURES/ SUPPORT GROUP
1 Session 1	One hour consultation with ex. phys (EP)	<ul style="list-style-type: none"> ▪ Client completes written PAR-Q, health history and consent forms. ▪ EP performs physical evaluation. ▪ EP discusses physical limitations and contraindications, educates client, gives handouts and program materials. ▪ Client fills out medical consent form that EP will fax to their doctor and must get back signed before first exercise session. 	Physical evaluation: <ul style="list-style-type: none"> ▪ Joint mobility chart ▪ Contraindications ▪ Muscle weakness/strength ▪ Overall fitness level and fitness goals ▪ Flexibility assessment ▪ Body fat assessment with goal if increasing lean muscle mass 	Ongoing: Client begins recommended schedule of 3 exercise classes and 1-2 mind/body classes per week to continue every week
1 Session 2	One hour training session with EP	<ul style="list-style-type: none"> ▪ Individual program design emphasizing cardiovascular, strength, flexibility and pain relief. Regimen will address specific joint and mobility issues, fitness level and pain management. 		
2	30 minute training session with EP	<ul style="list-style-type: none"> ▪ Individual exercises to perform in the warm water pool (Jacuzzi) 		
2				Ongoing: Client attends first weekly support group meeting
2	45 minute consultation with dietitian	<ul style="list-style-type: none"> ▪ Review diet, make recommendations for overall health and give supplement advise 		
3	Client self-directed exercise			Client attends educational seminar. Ongoing: Client continues to attend weekly classes, weekly support group meetings.
4	30 minute training session	<ul style="list-style-type: none"> ▪ Check in, review initial questionnaires 		Ongoing: Client continues to

	with EP			attend weekly classes, weekly support group meetings.
Second and Third months				
5	Client self-directed exercise			Ongoing: Client continues to attend weekly classes, weekly support group meetings.
6	30 minute training session with EP	<ul style="list-style-type: none"> ▪ Additional exercises, check in 		Ongoing: Client continues to attend weekly classes, weekly support group meetings.
7	Client self-directed exercise			Ongoing: Client continues to attend weekly classes, weekly support group meetings.
7	30 minute consultation with dietitian			
8	30 minute training session with EP	<ul style="list-style-type: none"> ▪ Additional exercises, check in 		Client attends educational seminar. Ongoing: Client continues to attend weekly classes, weekly support group meetings.
9	Client self-directed exercise			Ongoing: Client continues to attend weekly classes, weekly support group meetings.
10	30 minute training session with EP	<ul style="list-style-type: none"> ▪ Check in 		Ongoing: Client continues to attend weekly classes, weekly support group meetings.
11	30 minute consultation with dietitian			Ongoing: Client continues to attend weekly classes, weekly support group meetings.

12	1 hour with EP	<ul style="list-style-type: none"> ▪ Measurements & Testing 	Physical re-evaluation <ul style="list-style-type: none"> ▪ Body fat ▪ Joint mobility ▪ Pain management ▪ Fitness tests 	Ongoing: Client continues to attend weekly classes, weekly support group meetings.
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Program Goals

- Increase cardiovascular fitness by >20%
- Increase strength by >15%
- Increase flexibility by >10%
- Increase lean muscle mass by >2%
- Increase range of motion around joints
- Increase functional mobility and ability to perform daily tasks
- Decrease pain and stiffness
- Decrease feeling of isolation/depression by increasing social opportunities and peer support

