



**COHESIVE HEALTHCARE MANAGEMENT & CONSULTING**

**Mangum Regional Medical Center**

TITLE		POLICY	
Therapeutic Exercise		704	
MANUAL	EFFECTIVE DATE	REVIEW DATE	
Rehabilitation			
DEPARTMENT	REFERENCE		
Rehabilitation Services	APTA		

**SCOPE:** All professional rehabilitation staff providing therapeutic exercise for patient care at Mangum Regional Medical Center.

**PURPOSE:** To ensure that all therapeutic exercise is administered safely and effectively within established guidelines.

**DEFINITION:** “Therapeutic exercise is the systematic performance or execution of planned physical movements or activities intended to enable the patient or client to remediate or prevent impairments of body functions and structures, enhance activities and participation, reduce risk, optimize overall health, and enhance fitness and well-being. Therapeutic exercise may include aerobic and endurance conditioning and reconditioning; agility training; body mechanics training; breathing exercises; coordination exercises; developmental activities training; muscle lengthening; movement pattern training; neuromotor development activities training; neuromuscular education or reeducation; perceptual training; range of motion exercises and soft tissue stretching; relaxation exercises; and strength, power, and endurance exercises.” doi: 10.2522/ptguide3.0\_40Published in: Guide to Physical Therapist Practice 2014.

**POLICY:** Physician order is received. Order may be for “exercise”, range of motion”, “strengthening” or other variations of terms. Order may state therapist to evaluate and treat as indicated.

**Indications:**

- Any pathology or condition in which the patient's strength, flexibility, range of motion, circulation, or endurance has been impaired.
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**Contraindications:**

- Physician order specific for “no exercise”.
- Physician order states specific modalities and physician signs prescription under “may not substitute”.

Precautions:

- Aggressiveness with passive range of motion/strengthening.
- Cardiac and respiratory patients
- acute pain
- Recent fracture

**PROCEDURE:**

1. Before initiating treatment, patient is evaluated by therapist to determine appropriateness of exercise.
2. The use and design of specific exercises is based upon:
  - a. The therapist assessment of the patient’s problem and need;
  - b. Therapist knowledge of exercise and the pathology involved;
  - c. Limitations/precautions indicated by the physician.
3. Progression of exercises may be determined by the therapist assistant under the supervision of the therapist.
4. Rehabilitation technician/aids with demonstrated/validated competencies may guide patients through specific exercises under the direct supervision of the therapist or the therapist assistant, where allowable by state regulations and pay or coverage.
  - a. Direct supervision requires that the therapist, or where allowable by law, the therapist assistant, be physically present (within visual and/or auditory range) and immediately available to direct in supervised tasks that are related to patient client management. The direction and supervision is continuous throughout the time that these tasks are performed.
  - b. Technicians/aids may not do hands-on passive range of motion or stretching exercises with a patient.
5. A therapist or therapist assistant always administers exercises for the first time.
6. Exercises may include use of matt, treatment plinths, free weights, and any other exercise equipment.

**REFERECNES:** APTA Guide to Physical Therapist Practice

**REVISIONS/UPDATES**

Date	Brief Description of Revision/Change

