

# EXERCISE IS MEDICINE® FOR THE PHYSICAL THERAPIST

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## Overview

- Background of EIM
- Resources and network
- Role of PT in EIM
- EIM Ambassador and credentialing




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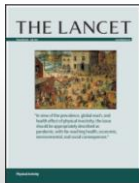

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## Background of EIM Global Pandemic of Inactivity

“ In view of the prevalence, global reach and health effect of physical inactivity, the issue should be appropriately described as pandemic, with far-reaching health, economic, environmental and social consequences. ”


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## Background of EIM Leading Causes of Death in the U.S.

1. Heart Disease
2. Malignant neoplasms (cancer)
3. Chronic lower respiratory diseases
4. Cerebrovascular diseases (stroke)
5. Accidents (unintentional injuries)
6. Alzheimer's disease
7. Diabetes
8. Nephritis, nephrotic syndrome and nephrosis (kidney disease)
9. Influenza and pneumonia
10. Intentional self-harm (suicide)
11. Septicemia
12. Chronic liver disease and cirrhosis
13. Essential hypertension and hypertensive renal disease
14. Parkinson's disease
15. Pneumonitis due to solids and liquids

Physical INACTIVITY-related diseases




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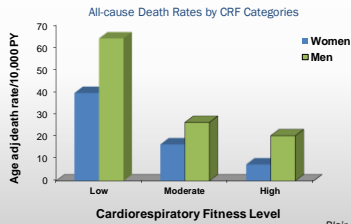
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## Background of EIM Cardiorespiratory Fitness & Mortality

3,120 Women  
10,224 Men



Blair et al., 1989




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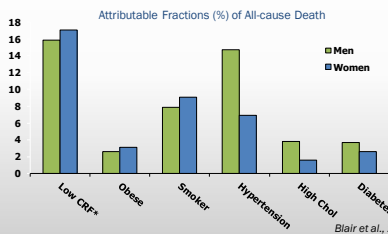
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## Background of EIM Effect of CRF on Mortality

40,842 Men  
12,943 Women



Blair et al., 2009




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## Background of EIM The EIM Solution



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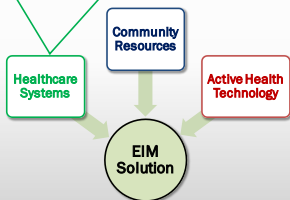
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Healthcare Providers adopt the EIM Solution by integrating and implementing it in their health system



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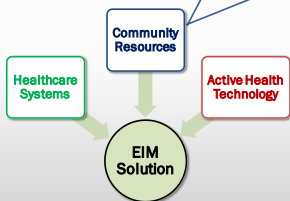
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Existing Community Resources are utilized to support patients in increasing their physical activity levels



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Utilizing **Active Health Technology** for tracking participation, conducting assessments and reporting information back to healthcare providers




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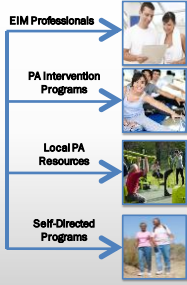
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### EIM Resources and Network




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### Role of PT in EIM – PAVS

- Physical Activity as a Vital Sign
- Assess PA levels at every visit
- 2 questions to determine weekly frequency, duration, and intensity of PA
- Can determine if the individual is meeting national PA guidelines
- Can be included with electronic medical records




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#### Using the Physical Activity Vital Sign

- National guidelines recommend 150 minutes per week of moderate intensity physical activity. **Moderate intensity activity is usually done where an individual can talk, but cannot "sing". Examples include: brisk walking, slow biking, general gardening, and ballroom dancing.**
- In place of moderate intensity activity, an individual can also complete 75 minutes of vigorous intensity physical activity. **Vigorous intensity activity is done at a pace where individuals can no longer talk and are somewhat out of breath. Examples include: swimming laps, playing singles tennis, and fast bicycling.**
- Individuals can also achieve 150 "minutes" through a combination of moderate and vigorous intensity physical activity, with 1 minute of vigorous activity being equal to 2 minutes of moderate activity.
- If activity is done throughout the day, individuals are encouraged to perform **activity in "bouts" that are at least 10 minutes in length.**
- **If your patient is NOT achieving 150 minutes a week of physical activity, advise them to gradually increase either their frequency or duration until they are capable of safely performing 10 minutes bouts of activity and achieve national recommendations.**




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## Role of PT in EIM – Exercise Prescription Case Study

- Sheila is a 45 y/o woman with lower back pain that she has had for "some time." Symptoms consistent with a slight disc bulge, but x-ray is negative. She experiences exacerbation of pain when doing her only PA, gardening.
- Tx plan: education on posture and body mechanics, soft tissue mobilization to the low back, correction of pelvic imbalances, neural glide techniques to "stretch" the sciatic nerve

	Aerobic Exercise		Resistance Exercise
Frequency			
Intensity			
Time			
Type			




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## Role of PT in EIM – Progression

- Aerobic:** Alter frequency, time, and/or intensity (one at a time)
  - Typically done in that order
- Resistance:** alter resistance, repetitions, and/or frequency
  - Typically done in that order




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## Role of PT in EIM – Progression, Case Study

- Mrs. Williams is a 75 y/o woman with OA symptoms. She came to her first appointment with symptom-limited ambulation and a walker, but a willingness to further her exercise program. Her current regimen consists of aquatic classes 2 d/wk. Goals are to increase strength in lower extremities, increase mobility and function for QOL, and decrease pain during activity and at rest.

	Aerobic Exercise		Resistance Exercise
	Continuous	Interval	
Frequency			
Intensity			
Time			
Type			
Progression			




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## Role of PT in EIM - Progression

- Refer to community resources
- Programs
  - Certified vs. self-managed
- Recognized places
- Credentialed professionals
  - Examples: ACSM-PT, ACSM EP-C, NSCA-PT, CSCS
- EIM Network




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## Recognized EIM Places

- **YOUR Clinic**
- Municipal Community Centers
- Park & Recreational Facilities
- Hospital Wellness Center
- YMCA
- Commercial Health Clubs
- School System Facilities
- Corporate Health Centers




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## EIM Credential Supervise and Support Exercise

- Level 1 & 2: work with individuals who are apparently healthy or who have health-related issues, but have been cleared by their physicians for exercise
- Level 3: work with apparently healthy individuals and with patients who require clinical support and monitoring
- Earn the EIM Credential through one of two avenues
  - Training modules online (webinar series)
  - 2-day in-person workshop




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## EIM Ambassador Advocate in communities and institutions

- **Educated** on mission of EIM
- **Engaged** in ongoing EIM initiatives and activities
- **Exposed** to EIM leaders and professional development opportunities
- **Encouraged** to share experiences and knowledge of EIM
- **Empowered** to engage healthcare providers to integrate EIM principles

Trainings occur at ACSM regional and annual meetings



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## The EIM Solution

- "The EIM Solution begins with the **engagement** of Healthcare **Providers** sending their at-risk **populations** to an EIM Network for participation in specialized physical activity intervention programs.



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