

CONNECTICUT VALLEY HOSPITAL PHYSICAL THERAPY SERVICES

PROGRAM DESCRIPTION

Title: Cardiorespiratory Conditioning Group

Code:

Leader(s): Susan Dearborn PTS
All Staff Physical Therapists

Date & Time: Varies

Program Capacity: 5

Length of Session: Varies

Modality: Individual

Location: Page Hall P.T.Dept.
Battell Hall 3S Exercise Room

Core Needs Addressed:

Physical Health Needs

Behavioral Objectives: (measurable outcomes)

1. To maximize patient's cardiorespiratory conditioning to combat problems of obesity, diabetes, COPD, hypercholesterolemia, and sleep apnea.
2. Participate in one hour conditioning program.
3. Reduce weight to desirable (ADA) weight range.
4. Patients' to recognize adverse side effects of exercise.
5. Resting pulse 70-80 beats per minute; resting respirations 16-24 breaths per minute.

Program Description:

Physical Therapy Program individualized to patient's needs; may include, but are not limited to, stair climbing, rowing machine, stationary bicycle, treadmill, ergometer, elliptical machine, ambulation and resistive exercise.

Criteria for Participation:

Team recommendation with MD referral.

Referral Process:

P.T. referral and recommendations of Physician/Team.