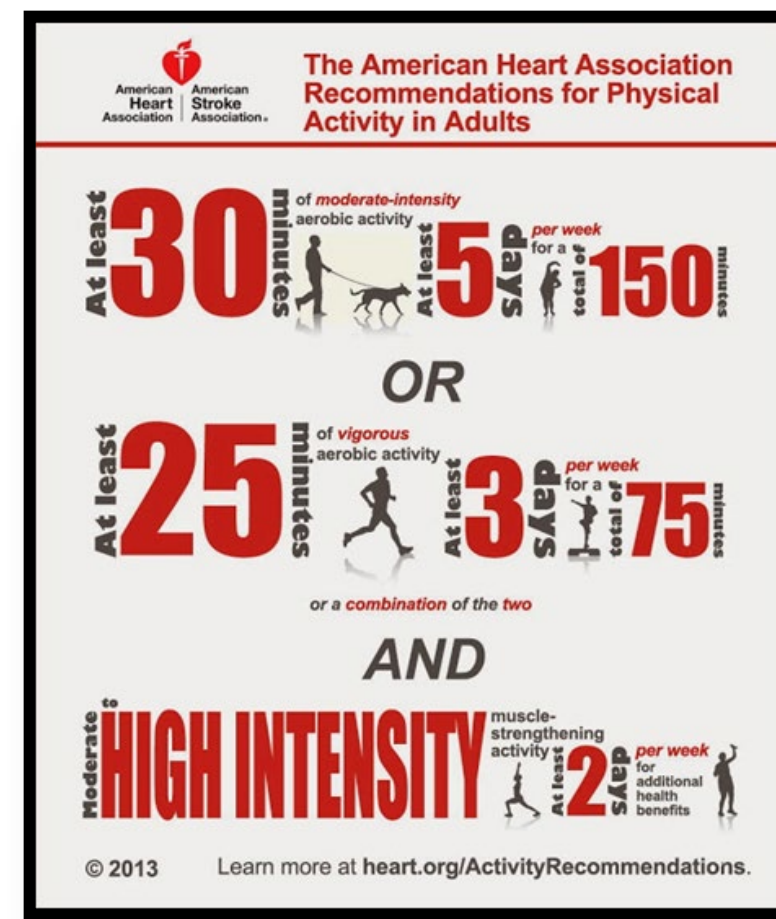


American Heart Association Recommendations

- Adults with chronic conditions or disabilities, who are able, should perform at least 150 minutes per week of moderate intensity aerobic activity per week.
- Adults with chronic conditions or disabilities, who are able, should perform muscle strengthening activity at least 2 days per week.



Wellness Passport Community Exercise Program for Persons with Neurological Challenges

Katherine Callanan PT, DPT, GCS, CEEAA

Barriers to Exercise in Neuro Population

- Lack of motivation or experience
- Transportation
- Finances
- Fear
- Cognitive impairments
- Pain
- Balance/fall risk
- Deconditioning
- Caregiver support or burden



Guiding Principles to Achieve the Vision

Movement is a key to optimal living and quality of life for all people that extends beyond health to every person's ability to participate in and contribute to society. The complex needs of society, such as those resulting from a sedentary lifestyle, beckon for the physical therapy profession to engage with consumers to reduce preventable health care costs and overcome barriers to participation in society to ensure the successful existence of society far into the future.



Current Research

- Adults with neurological challenges are more susceptible to physical deconditioning and negative health consequences
- Structured community-based exercise programs can result in life altering individual benefits and improve overall population health
- Successful wellness programs provide a **systematic approach** with **ongoing** consultation and sharing of appropriate knowledge in a format that is easily understood by persons who may have cognitive impairments.
- Rehabilitation professionals have training to screen for these at-risk patients and facilitate positive behavior change

St. Luke's Rehab/YMCA Collaboration Wellness Passport at YMCA Healthy Living Center

- Small group class
- Taught by Neuro PT/OT therapists
- Chair Yoga 1x/week
- Strengthening/endurance 1x/week
- Cost \$30/month Y member, \$55/month Non-Y Member
- Financial assistance available
- Accessible parking, entrance and gym space
- Class is open to anyone with a neurological challenge
- Wheelchairs are welcome
- Group exercise format with individual modifications as necessary

1. American Heart Association. (April 2018) American Heart Association Recommendations for Physical Activity in Adults. Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

2. Billinger, S. A., Arena, R., Bernhardt, J., Eng, J. J., Franklin, B. A., Johnson, C. M., & ... Tang, A. (2014). Physical activity and exercise recommendations for stroke survivors: a statement for healthcare professionals from the American Heart Association/American Stroke Association. *Stroke* (00392499), 45(8), 2532-2553 22p. doi:10.1161/STR.0000000000000022

3. Craig Rehab Hospital (n.d.). PEAK Center. Retrieved from <https://craighospital.org/programs/the-peak-center>

4. Crane, D. A., Hoffman, J. M., & Reyes, M. R. (2017). Benefits of an exercise wellness program after spinal cord injury. *Journal Of Spinal Cord Medicine*, 40(2), 154-158. doi:10.1179/2045772315Y.0000000038

5. Hawley, L., Hart, T., Waldman, W., Glenn, M., Hammond, F., & Dams-O'Connor, K. (2018). Living Well After Traumatic Brain Injury. *Archives Of Physical Medicine & Rehabilitation*, 99(7), 1441-1442. doi:10.1016/j.apmr.2018.02.012

6. Lewis, M., Peiris, C. L., & Shields, N. (2017). Long-term home and community-based exercise programs improve function in community-dwelling older people with cognitive impairment: a systematic review. *Journal Of Physiotherapy* (Elsevier), 63(1), 23-29. doi:10.1016/j.jphys.2016.11.005

7. Marsden, D. L., Dunn, A., Callister, R., McElduff, P., Levi, C. R., & Spratt, N. J. (2016). A Home- and Community-Based Physical Activity Program Can Improve the Cardiorespiratory Fitness and Walking Capacity of Stroke Survivors. *Journal Of Stroke & Cerebrovascular Diseases*, 25(10), 2386-2398. doi:10.1016/j.jstrokecerebrovasdis.2016.06.007

8. Morey, M. et al. (2018). Should Structured Exercise Be Promoted As a Model of Care? Dissemination of the Department of Veterans Affairs Gerofit Program. *Journal Of The American Geriatrics Society*, 66(5), 1009-1016. doi:10.1111/jgs.15276.

9. Rafferty, M. et al. (2022) Health Promotion and Wellness in Neurologic Physical Therapy: Strategies to Advance Practice. *Journal Of Neurologic Physical Therapy*, 46(4), 103-117.

10. States, R. A., et al (2017). Physical Functioning After 1, 3, and 5 Years of Exercise Among People With Parkinson's Disease: A Longitudinal Observational Study. *Journal Of Geriatric Physical Therapy*, 40(3), 127-134. doi:10.1519/JPT.0000000000000084

11. University of Montana (n.d.). School of Physical Therapy and Rehabilitation Science. New Directions wellness Center. Retrieved from <https://health.umt.edu/physicaltherapy/umt-clinic/umt-new-directions-wellness-center/default.php>