

Online Course

Therapeutic Exercise Prescription Guidelines

Learn the art of prescribing effective, goal-driven therapeutic exercises for each step of recovery

COMING SOON...

🕒 1.5-2 hours 📊 Intermediate 👥 6 👍 - ⭐ -

0 of 1.7 points



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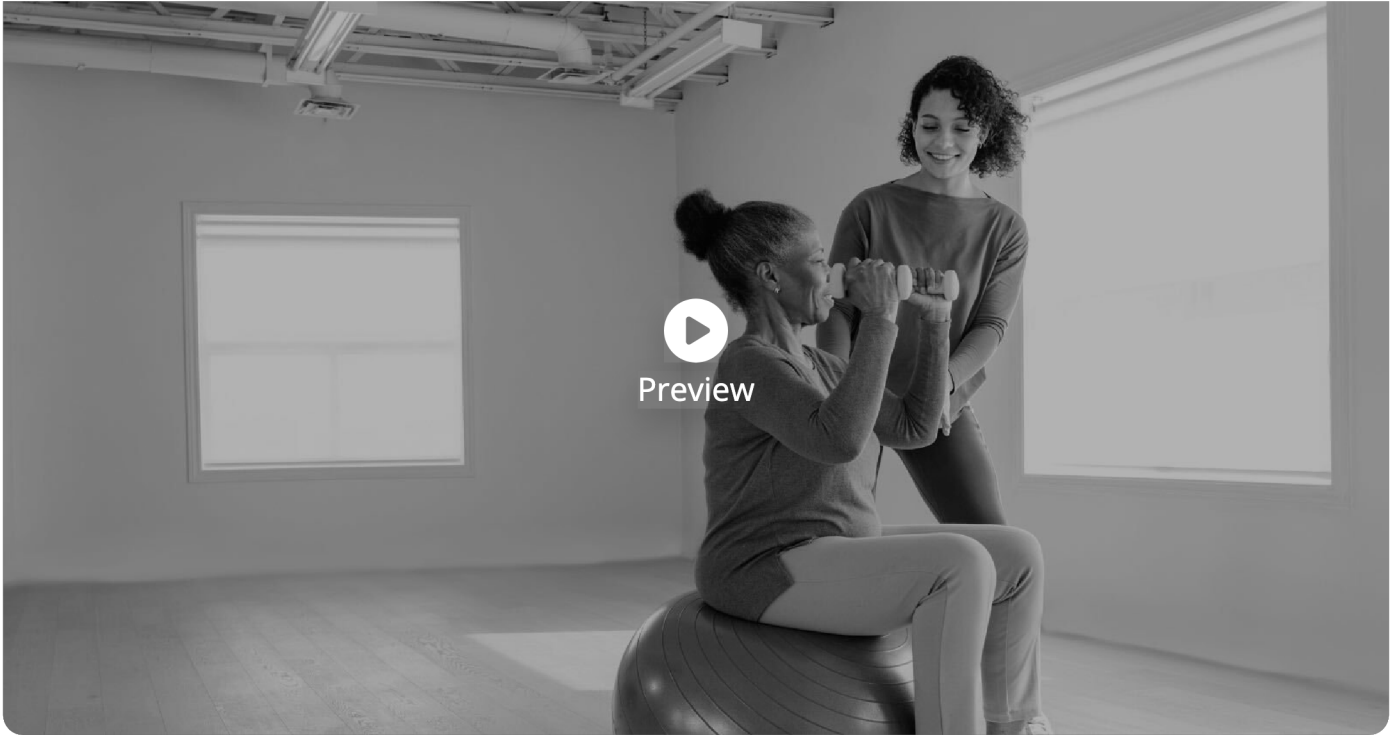


Course instructor
Richard Jackson



Course Instructor - the participant can click on the course instructor to get the full bio and credentials - included in this pdf

Richard Jackson is a highly regarded clinician, educator and researcher who has a specific focus on the lower extremity, spine and pelvis.



Accreditations

Example Approval that will be included once approved



Select a country (and if appropriate state) to view information about this course's accreditation and/or acceptance in this jurisdiction.

United States



Select State



Athletic Trainer









Approved for 1.75 hours Category A BOC CEUs

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Mention to the cancelation policy. See also Footer

[And more...](#)

When clicking here the participant will see the membership fees and what is included.

Screenshots available on the last 2 pages of this pdf

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Introduction

Rehabilitation professionals are experts in human movement and function, and therapeutic exercise prescription is a cornerstone of their practice. Therapeutic exercise involves carefully selecting, modifying, teaching, and evaluating exercises that meet each patient's unique needs while adhering to evidence-based practices and respecting each phase of healing. Therapeutic exercise is central to recovery and restoration of function after injury, deconditioning, or disease, making it an essential tool in rehabilitation. This course introduces you to the foundational principles of therapeutic exercise prescription.

Aims

This course aims to introduce the foundations of therapeutic exercise prescription and review the different phases of healing.

Outline

This course is made up of videos, reading, forum posts and a final quiz. The course content is split into the following sections:

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1 Reading activity

- 2 Video
- 3 Reading activity
- 4 Quiz

Target audience

This course is aimed at Physiotherapy and Physical Therapy clinicians, students and assistants. Other interested professionals such as athletic trainers, occupational therapists, nurses or medical doctors interested in this subject are also invited to participate.

Practicalities

Schedule and Format, Requirements



- **Availability** - this course is online and can be completed on your own schedule.
- **Hours of Learning** - No deadlines are applied to this course and it can be started and completed in your own time according to your personal schedule. We expect the required elements to take around 1.5-2 hours depending on your schedule and learning style. Additionally there are many optional resources provided and if you choose to review these the course could take longer to complete.
- **Types of Activities** - Watching videos, reading, a final quiz and participating in an international discussion forum.
- **Certificates** - At the end of the course, when you have completed all of the required elements, you will be able to download a certificate of completion and 1.7 Plus points will be added to your personalised learning dashboard.

Requirements to complete this course

In order to complete this course and receive a course completion certificate plus CEUs/CCUs/CPD points you will need to:

- 1 Respect the [Plus Community Culture](#).
- 2 Log all the required learning activities as complete (represented by the orange icons!).
- 3 Actively and appropriately participate in the course discussions.
- 4 Pass a final quiz with a score of 80% or more.
- 5 Complete a course evaluation form.

Learning outcomes

← Learning Objectives

At the end of this course you will be able to:

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- describe key principles of therapeutic exercise prescription, focusing on the different components of a therapeutic exercise programme, types of exercise and frequency of training

- identify at least two ways that rehabilitation professionals can enhance patient engagement with therapeutic exercise
- discuss key considerations around measuring cardiovascular health and levels of risk when creating a therapeutic exercise programme
- discuss the different phases of healing in terms of timeframes, physiology and therapeutic exercise goals during the different phases

Instructor financial and non-financial disclosures

No relevant relationships disclosed by instructor.

Accessibility

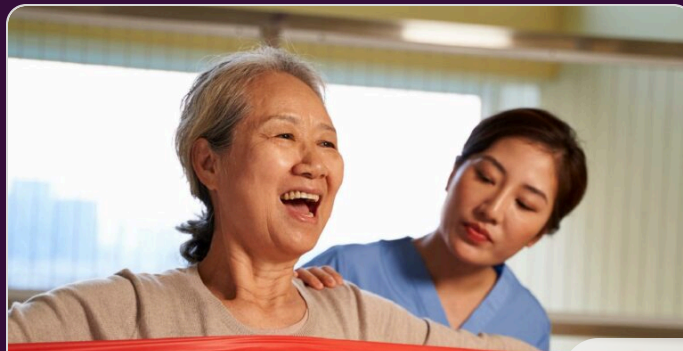
For special needs or accommodations please [contact us](#) with details of how we can meet your needs.

Non-Discrimination Policy

Physiopedia Plus does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Physiopedia Plus is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Related courses

You might be interested in



Introduction to Therapeutic Exercise

🕒 1.5-2 hours 👥 696 📊 Introductory 📌

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The website footer is viewable on all promotional and course pages with links to the terms and conditions and help centre

The Help Centre gives instructions on how to cancel the membership and get a refund



The screenshot shows the website footer with the following navigation menus:

- Plus** By Physiopedia
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 - Why Plus?
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 - Careers
 - Terms & Conditions
 - News
- Support**
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 - Integrations
 - Marketing assets
 - Contact
 - Become an instructor
 - Login
- LOGOUT**

Annotations in the image include a pink box around 'Help centre' in the Support menu, a pink box around 'Terms & Conditions' in the About menu, and a pink arrow pointing up to 'Terms & Conditions' from the text below.

The terms and conditions include the cancelation policy

Course instructor Bio and Credentials

Plus instructors

Richard Jackson

Richard Jackson is a highly regarded clinician, educator and researcher who has a specific focus on the lower extremity, spine and pelvis.



Bachelor of Physical Therapy, Honorary Doctor of Science
PT, OCS Executive Director of Clinical Services



About

Richard has practised physical therapy for over 50 years. He graduated in 1971 from Ithaca College/Albert Einstein College of Medicine with a Bachelor's degree in Physical Therapy and received an honorary Doctor of Science degree from Shenandoah University in 2000. Richard is highly regarded as a clinician, educator, and researcher. He teaches courses on lower extremity biomechanics, gait, spinal and pelvic joint dysfunction and has presented his research in conferences in England, Australia, Austria, Canada, India, and the United States. "Clinical research is essential if we are to understand what works and what does not" – Richard Jackson.

Disclosures

No relevant relationships disclosed by instructor.



1
Courses



696
Participants



108
Reviews



4.5
Stars



Introduction to Therapeutic Exercise

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Presented by
Richard Jackson



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