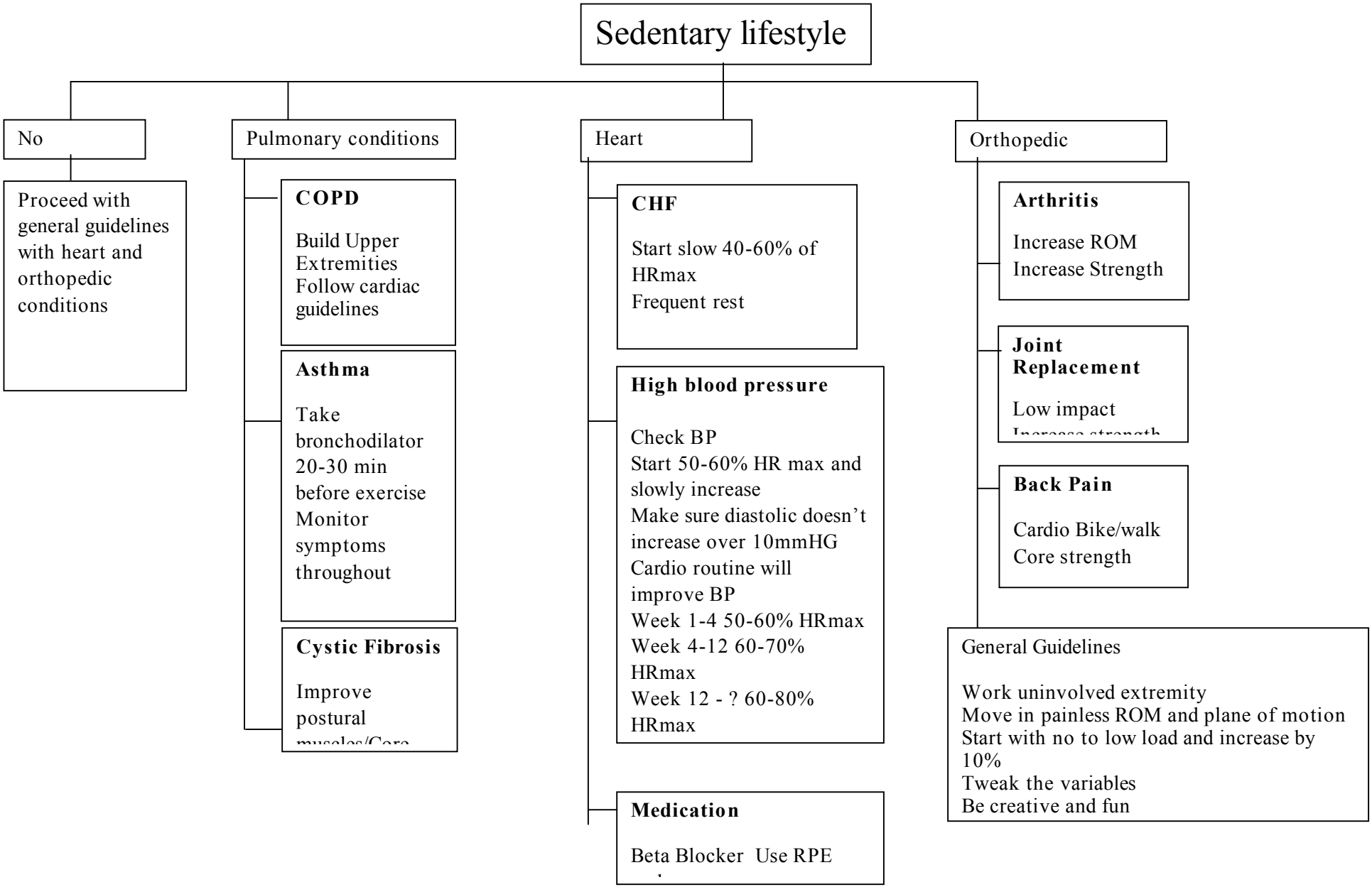
Sedentary lifestyle
No
Proceed with general guidelines with heart and orthopedic conditions
Pulmonary conditions
COPD
Build Upper Extremities
Follow cardiac guidelines
Asthma
Take bronchodilator 20-30 min before exercise
Monitor symptoms throughout
Cystic Fibrosis
Improve postural
Heart
CHF
Start slow 40-60% of HRmax
Frequent rest
High blood pressure
Check BP
Start 50-60% HR max and slowly increase
Make sure diastolic doesn't increase over 10mmHG
Cardio routine will improve BP
Week 1-4 50-60% HRmax
Week 4-12 60-70% HRmax
Week 12 - ? 60-80% HRmax
Medication
Beta Blocker Use RPE
Orthopedic
Arthritis
Increase ROM
Increase Strength
Joint Replacement
Low impact
Back Pain
Cardio Bike/walk
Core strength
General Guidelines
Work uninvolved extremity
Move in painless ROM and plane of motion
Start with no to low load and increase by 10%
Tweak the variables
Be creative and fun