

# Case study #1

<b>EXERCISE FACTS</b>	
Serving size 1 body	
Servings per container unlimited	
<hr/>	
Amount Per Serving	
Calories	
	% Daily Time*
Activity	
Position	
Resistance	
Base of support	
Direction of movement	
Speed	
Range of motion	
Activity	
Position	
Resistance	
Base of support	
Direction of movement	
Speed	
Range of motion	
<hr/>	
*Percent daily time based on the diabetes Prevention program of 150 min of activity Per week	

Your patient is a 58 y/o female nurse who has a 6 year history of diabetes. She has an insulin pump. Her last a1c was 9. She is 68" tall and weighs 205 pounds. She has 4 blood pressure medications, one of which is a beta blocker. She also has high cholesterol with an LDL of 150. She is an emergency and cardiorespiratory mgr RN at hospital and works too much.

## Case study #2

<b>EXERCISE FACTS</b>	
Serving size 1 body	
Servings per container unlimited	
<b>Amount Per Serving</b>	
Calories	% Daily Time*
Activity	
Position	
Resistance	
Base of support	
Direction of movement	
Speed	
Range of motion	
Activity	
Position	
Resistance	
Base of support	
Direction of movement	
Speed	
Range of motion	
*Percent daily time based on the diabetes Prevention program of 150 min of activity Per-week	

Your patient is a 67 y/o male Ht: 6'2" wt: 285 BMI 36.6. He has an a1c of 8.7. He used to ride his bike to work and on vacations. He has chronic back pain that has lately been bad and caused 90lbs of his weight gain.

# Case study #3

## EXERCISE FACTS

Serving size 1 body  
 Servings per container unlimited

Amount Per Serving

Calories

% Daily Time\*

Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

\*Percent daily time based on the diabetes  
 Prevention program of 150 min of activity  
 Per week

Patient is a 55 y/o female who suffers for CHF with bilateral lower extremity edema. She also has high blood pressure. She takes beta blockers and diuretics. She is morbidly obese with a BMI of 42. She has history of low back pain and currently has extreme pain in her low back. He has trouble moving around and even walking more than 50 feet is painful. She is on a high dose metformin and takes insulin. Her current a1c is 12.

## EXERCISE FACTS

Serving size 1 body  
Servings per container unlimited

Amount Per Serving

Calories

% Daily

Time\*  
Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

\*Percent daily time based on the diabetes  
Prevention program of 150 min of activity  
Per week

## EXERCISE FACTS

Serving size 1 body  
Servings per container unlimited

Amount Per Serving

Calories

% Daily

Time\*  
Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

Activity

Position

Resistance

Base of support

Direction of movement

Speed

Range of motion

\*Percent daily time based on the diabetes  
Prevention program of 150 min of activity  
Per week

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