

ROOM 2

Principles of Strength Training for Older Adults

Speakers: Aimee E. Perron, PT, DPT, NCS; Genesis Rehabilitation Services, Somerset, MA.

Committee Liaison: Bob Dorman, PT, GCS

Muscle strength decreases naturally as people age. This loss of strength, however, makes it challenging for older adults to meet the demands of daily life, particularly when medical comorbidities are present. Strength training programs have been proven to be beneficial, provided the programs are at an appropriate frequency, intensity and duration. This program is designed to provide physical therapists and physical therapist assistants with a framework for developing a strength training program as part of comprehensive therapy program. Key concepts will include strength assessment, principles of strength training, 1 rep max for determining initial resistance and progression, and the impact of chronic conditions on the design of strength training programs. Participants will have the opportunity to apply knowledge and skills in a lab practice setting and through special considerations for disease process as it relates to the geriatric population.

Time: 8:00 a.m. – 12:30 p.m. (Total contact hours: 3)

Course segments:

8:00 a.m. – 10:00 a.m. (2 hours)

Break for Exhibitors: 10:00 a.m. – 11:30

11:30 a.m. – 12:30 p.m. (1 hour)

