**Exercise and Arthritis**

**Group presentation instructions**

**Task**

You are to prepare and deliver a 15 minute presentation, based on the case study that you have been handed. You must present the following information/issues:

1. A brief summary of the client’s details;
2. Information pertaining to the client’s treatment, including potential side-effects that may impact on their ability to exercise;
3. Implications of the potential treatment side-effects to exercise programming;
4. Any potential contraindications to exercise that the client may have;
5. A client-specific exercise session, designed to take into account all of the client’s details and information, above. The aim and objective of the session must be presented, clearly, and the session must match these accordingly. Ensure that the exercise session is safe, appropriate and effective.
6. Dietary guidelines that you feel would benefit the client, pertinent to their cancer, health and general well-being.

Each member of your group must participate in both planning and delivering your presentation.

You can use any resources that are available to you on the course, at the course venue and in your personal possession, in order to make the presentation as clear, concise and professional as possible.

End.

**WRIGHT Foundation**

**Exercise and Arthritis**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 1 |
| Age | 56 |
| Sex | M |
| Body mass index | 27kg/m2 |
| Resting heart rate | 72bpm |
| Predicted VO2max | 28ml/kg/min |
| Medical condition | Osteoarthritis (moderate severity) |
| Symptoms | Left hip pain with restricted range of movement.  Left knee pain with restricted range of movement.  Wears knee support when deemed necessary. |
| Medication | Paracetamol (taken in morning and when required, within prescription guidelines).  Ibuprofen (taken in morning and when required, within prescription guidelines). |

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**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 2 |
| Age | 49 |
| Sex | F |
| Body mass index | 35kg/m2 |
| Resting heart rate | 86bpm |
| Predicted VO2max | 25ml/kg/min |
| Medical condition | Osteoarthritis (moderate severity) |
| Symptoms | Right and left hip pain with restricted range of movement.  Significant atrophy of leg musculature. |
| Medication | Paracetamol (taken in morning and when required, within prescription guidelines).  Ibuprofen (taken in morning and when required, within prescription guidelines). |

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**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 3 |
| Age | 47 |
| Sex | F |
| Body mass index | 37kg/m2 |
| Resting heart rate | 78bpm |
| Predicted VO2max | 25ml/kg/min |
| Medical condition | Osteoarthritis (moderate severity) |
| Symptoms | Right and left knee pain with restricted range of movement.  Significant atrophy of leg musculature. |
| Medication | Paracetamol (taken in morning and when required, within prescription guidelines).  Celecoxib (daily, as per prescription guidelines). |