**WRIGHT Foundation**

**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 1 |
| Age | 40 |
| Sex | M |
| Body mass index | 27kg/m2 |
| Resting heart rate | 72bpm |
| Predicted VO2max | 30ml/kg/min |
| Medical condition | Osteoarthritis (moderate severity) |
| Symptoms | Right hip pain with restricted range of movement.Right 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). |

**WRIGHT Foundation**

**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 2 |
| Age | 41 |
| Sex | F |
| Body mass index | 30kg/m2 |
| Resting heart rate | 76bpm |
| Predicted VO2max | 29ml/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). |

**WRIGHT Foundation**

**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 3 |
| Age | 45 |
| Sex | M |
| Body mass index | 28kg/m2 |
| Resting heart rate | 68bpm |
| Predicted VO2max | 35ml/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). |

**WRIGHT Foundation**

**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 4 |
| Age | 48 |
| Sex | M |
| Body mass index | 30kg/m2 |
| Resting heart rate | 73bpm |
| Predicted VO2max | 37ml/kg/min |
| Medical condition | Osteoarthritis (moderate severity) |
| Symptoms | Right knee pain with restricted range of movement.Right hip pain with restricted range of movement.Wears knee support when deemed necessary.Significant atrophy of right leg musculature (imbalance with left leg). |
| Medication | Paracetamol (taken in morning and when required, within prescription guidelines).Celecoxib (taken in morning and when required, within prescription guidelines). |

**WRIGHT Foundation**

**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 5 |
| Age | 52 |
| Sex | F |
| Body mass index | 30kg/m2 |
| Resting heart rate | 82bpm |
| Predicted VO2max | 26ml/kg/min |
| Medical condition | Rheumatoid arthritis |
| Symptoms | Pain and stiffness in both hands and wrists (>30mins in morning).Sporadic pain and stiffness in both hips.Right shoulder stiffness, especially when cold. |
| Medication | Celecoxib (daily, as per prescription guidelines).Sulfasalazine (daily, as per prescription guidelines). |

**WRIGHT Foundation**

**Exercise and Arthritis**

**Exercise Prescription Assessment**

***Client Profile***

|  |  |
| --- | --- |
| Reference | Client 6 |
| Age | 58 |
| Sex | F |
| Body mass index | 30kg/m2 |
| Resting heart rate | 78bpm |
| Predicted VO2max | 29ml/kg/min |
| Medical condition | Rheumatoid arthritis |
| Symptoms | Pain and stiffness in both hands and wrists (>30mins in morning).Sporadic pain and stiffness in both feet.Left shoulder pain and stiffness, especially when cold.Orthoses worn in left and right shoes. |
| Medication | Celecoxib (daily, as per prescription guidelines).Sulfasalazine (daily, as per prescription guidelines). |