**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). |