



C.A.S.E
Collaborative Approach to the Science
of Exercise



Welcome

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CASE Outline



APSS



Goals



Activity and Injury History



Exercise Testing data relevant to goals

CASE Outline



Name: Lisa Hughes

Age: 51

Height: 180cm

Weight: 80kg

Goals:

- To improve physical fitness in order to pass the ADF Physical Fitness Assessment

CASE Notes

Current Lifestyle:

- working a 9 to 5 job currently
- 2 older children, 1 who has moved out of home
- Recent depression due to cycling accident and splitting up with her partner (high stress)

Current/ Previous Physical Activity:

- Able to Deadlift 105kg (1.4 x BW) prior to taking 12 weeks off with the injuries sustained from the accident
- Resistance training for 1 to 2 years prior to injury 12 weeks ago
- Long walks (60+ minutes) 3-4 days per week

Current Injuries/contraindications:

- Broken collar bone (3 months)
- Rotator cuff and AC joint injury
 - Lack of abduction/external rotation of the shoulder
 - Grade 1 soleus tare (left side)



Professional Standards & Best Practice

- Use of Screening Tool
- Note Taking and Informed Consent
- Referral Process
- Managing Expectations and Outcomes

Background Theory of Pathologies

- AC Joint Injuries
 - Grades
 - Time Frames?
 - Aggravating Factors



Background Theory of Pathologies

- Soleus Tear
 - Grades
 - Time Frames?
 - Aggravating Factors?



Background Theory of Pathologies

- Hamstring Strain Injury and Re-injury
 - Grades
 - Time Frames?
 - Aggravating Factors?



Needs Analysis



WHAT IS THE CLIENT'S PRIMARY GOAL?

To improve physical fitness in order to pass the ADF Physical Fitness Assessment



WHAT PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS DOES THE CLIENT NEED TO ACHIEVE THESE GOALS?

ADF Testing Requirements:

- 8 Pushups
- 45 Sit-ups
- 6.5 Beep Test Score

Program Development



Goal



Needs Analysis

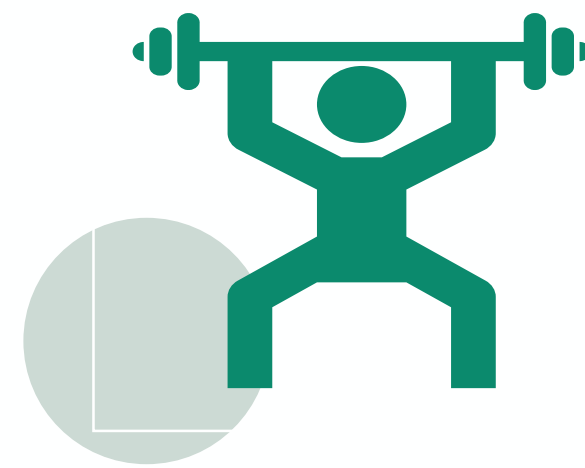


Lifestyle



Interdisciplinary
Approach

Primary Focus

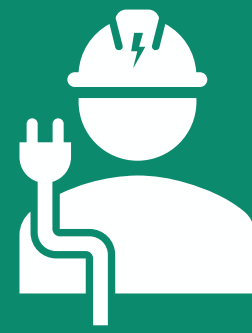


What is the focus for the first phase of the program?



Who is involved in the process and how will the referral process take place?

Program Design



FITT Principle



Periodization Strategy

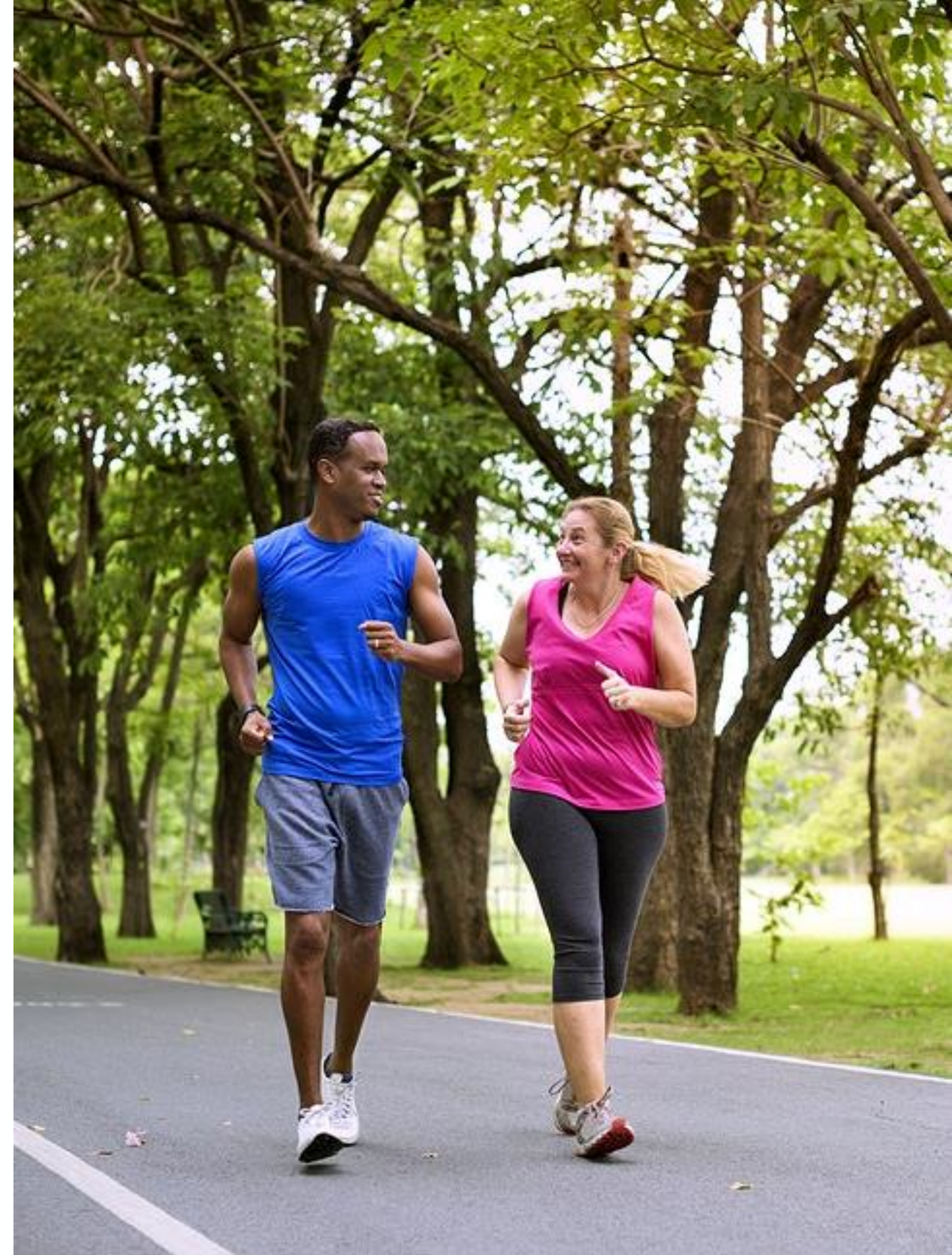
Rehabilitation Protocol

- Physio Led Rehabilitation Program
- Communication and Delivery
- Prescription
 - ER/IR shoulder stability focus
 - Load Management



Cardiovascular Fitness Program

- What are the impacts of previous injuries?
- EP/ Physio led return to run program
- Monitoring and Communication from ES
- Initial Off Feet Conditioning Considerations



Concurrent Strength Training Program

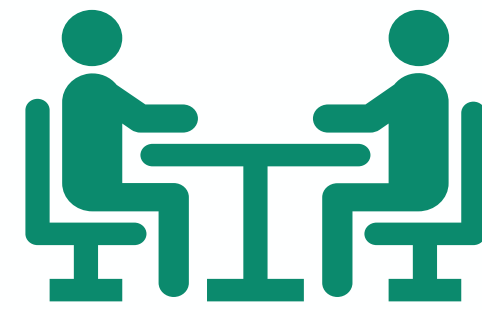
- As Little Time Leakage as Possible
- ES/EP Led Provided There is Strong Communication
- Individualised Considerations and Programming Vs Group Training



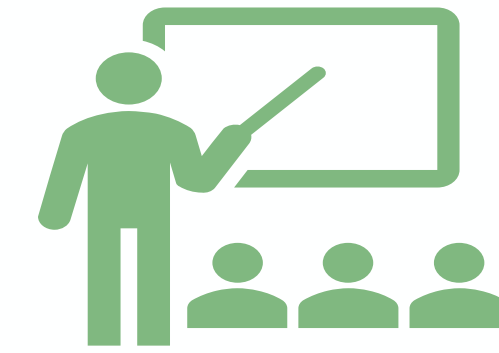
Build Your Program!

	Exercise	Sets	Repetitions	Tempo/ Notes
Warmup/Mobility				
Strength/ Power				
Conditioning				

Reflection



How does this differ to some of the interventions you have prescribed in the past?



What did you learn from the presenters that you can incorporate into your own training program?



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Thank you



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