

Objectives

After studying this chapter, the reader will be able to

- outline a systemic approach to patient evaluation based on critical thinking for the decision-making process of identifying impairments, functional limitations and disabilities.
- identify the sequence of program development based on operationally defined goals, desired functional outcome and plan of care to meet the goal.
- describe basic goal of therapeutic exercise and defined related terminology.
- identify certain factors influence in decision making.
- understand physiological changes during exercise.
- develops the skills to instruct a patient.