



## Summary

The ultimate goal of any therapeutic exercise programme is the achievement of symptom free movement and function. To effectively administer therapeutic exercise to a patient, the therapist must know the basic principle and effect of exercise on the musculoskeletal, neuromuscular, cardiovascular and respiratory system. In addition the therapist must be able to perform a functional evaluation of the patient and must know the interrelationship of the anatomy and kinesiology of the part as well as have an understanding of the state of the injury, disease or surgical procedure and its potential rate of recovery, complications and contraindication.

The application of therapeutic exercise can be in the following procedure; it can be of

1. Assessment
2. Develop plan
3. Implement plan
4. Evaluate the plan
5. Home programme

The scope of therapeutic exercise include the prevention of dysfunction as well the development, improvement, restoration or maintenance of :

1. Strength
2. Endurance and flexibility
3. Stability
4. Relaxation
5. Co-ordination, balance and functional skill.