Medical Exercise Therapy - Dosing Guidelines©

TREATMENT OBJECTIVE		EXERCISE DOSE			
		REPETITION ZONES	Resistance % of 1RM	# of SETS	REST BREAKS
SYMPTOM REDUCTION ▪ **Decrease Pain** ▪ **Improve Circulation** ▪ **Stimulate Tissue Healing** ▪ **Prevent Chronicity**		220-240 Time	≤ 15% of 1RM	3	≤30 sec
		108-118 Time	≤ 30% of 1RM	3	≤30 sec
		68-76 Time	≤ 40% of 1RM	3	≤30 sec
		40-47 Time	≤ 50% of 1RM	3	≤30 sec
IMPROVE RANGE of MOTION		31-50	≤ 50% of 1RM	3	≤45 sec
IMPROVE COORDINATION / STABILIZATION / BALANCE		31-50	≤ 50% of 1RM	3	≤45 sec
IMPROVE NEURO-MUSCULAR PERFORMANCE	**ENDURANCE**	25-30	60% of 1RM	3	60 sec
	ENDURANCE / STRENGTH	15-20	70% of 1RM	3	120 sec
	STRENGTH	8-12	80% of 1RM	3	300 sec
	POWER	6-8	40-70% 1RM + Speed	3	30-120 sec

Segment	Relative Mass
Head	7.3%
Trunk	50.7%
Upper Arm	2.6%
Forearm	1.6%
Hand	0.7%
Thigh	10.3%
Calf	4.3%
Foot	1.5%

Calculation Guidelines for dosing CFT

1. Choose the desired therapeutic exercise treatment objective and corresponding target repetition zone.
2. If the **Clinical Fatigue Test** result falls *within* the Target Zone:
   a. Deduct 10% of the resistance (preferred) or,
   b. Deduct 20% of the repetition from CFT result or,
   c. Deduct 10% of the reps from CFT result and 5% of the resistance.
3. If the **Clinical Fatigue Test** result falls *below* the Target Zone but not by more than 20%, we keep the number of reps and deduct 10% from the resistance.
4. If the **Clinical Fatigue Test** result falls *above* the Target Zone, but not by more than 20%, we keep the resistance and deduct 20% from the number of repetitions.
5. If the **Clinical Fatigue Test** result falls above or below the target zone by *more* than 20%; then calculate a new test resistance and re-test.
6. For the **Stabilization & Mobilization with Exercise** CFT always keep the test resistance the same and reduce the number of repetitions by 20%. (Provided the movement quality is appropriate).