

Hull Ellis Physical Activity & Exercise Prescription



Return to Activity Stages	STOP or AVOID	START or CONTINUE	
Daily activities: Examples: walking, house chores, commuting, errands, grocery shopping, etc.	<input type="radio"/>	<input type="radio"/>	
Aerobic activity with minimal head movement: (Stage 2) Examples: Stationary bike, elliptical, intensive purposeful walks, walk-jog program	<input type="radio"/>	<input type="radio"/>	} See below for details
Aerobic activity with additional head movement: (Stage 3) Examples: Jogging, swimming, treadmill, light yoga	<input type="radio"/>	<input type="radio"/>	
Sport specific individual drills: (Stage 3) Examples: shooting, passing, dribbling, puck handling, throwing	<input type="radio"/>	<input type="radio"/>	
Team based sport drills: (Stage 4)	<input type="radio"/>	<input type="radio"/>	
Controlled practice, minimal risk, 'Noncontact': (Stage 4)	<input type="radio"/>	<input type="radio"/>	
Activities with 'Valsalva': (Stage 5) Examples: weight training or resistance training	<input type="radio"/>	<input type="radio"/>	
Unrestricted practice, 'Contact': (Stage 5)	<input type="radio"/>	<input type="radio"/>	
Competition: (Stage 6)	<input type="radio"/>	<input type="radio"/>	

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Details for aerobic activity (Stage 2 & 3)
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Heart Rate at which the treadmill test was discontinued:	<input style="width: 95%; height: 25px;" type="text"/>	
HR target for prescription (90% of symptom-threshold reserve):	<input style="width: 95%; height: 25px;" type="text"/>	
Type of activity:	Volume	Intensity
	Minutes per session Sessions per week	HR Target
<input style="width: 100%; height: 100%;" type="text"/>	<input style="width: 45%; height: 40px;" type="text"/> <input style="width: 45%; height: 40px;" type="text"/>	<input style="width: 100%; height: 40px;" type="text"/>

Additional Info: