

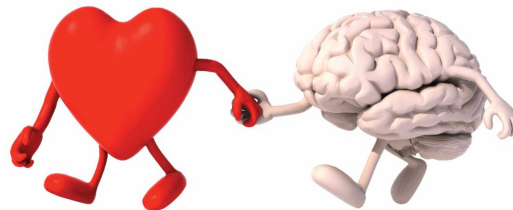
June 2020 Intensity Matters



June 2020
Heart rate guidelines, hand out for easy access
List of references
Podcast on locomotor Clinical Practice Guidelines

Intensity Matters

INTENSITY MATTERS



ACADEMY OF
NEUROLOGIC
PHYSICAL THERAPY

Please follow [Intensity Matters campaign](#).

Here is a quick reference to [heart rate guides](#).



Improve Locomotor Function following chronic stroke, incomplete spinal cord injury and brain injury

A key element of locomotor training is cardiovascular intensity
Remember Intensity Matters!

To increase awareness and translation of research into practice, the Academy of Neurologic Physical Therapy has selected a high impact area of evidence to promote in an "Intensity Matters" campaign. This is focused on promoting walking training at high cardiovascular intensities to maximize locomotor outcomes for individuals with neurologic diagnoses.

The recommended target HR range is 75-85% of HR max (or 70-80% HRR)

Age	65%	75%	85%	HR Max
20	126	146	165	194
25	124	143	162	191
30	121	140	159	187
35	119	138	156	184
40	117	135	153	180
45	115	132	150	177
50	112	130	147	173
55	110	127	144	170
60	108	125	141	166
65	106	122	138	163
70	103	119	135	159
75	101	117	132	156
80	99	114	129	152
85	97	111	126	149
90	94	109	123	145

Visit www.neuropt.org/practice-resources/locomotor

Clinical Practice Guideline to Improve Locomotor Function

Following Chronic Stroke, Incomplete Spinal Cord Injury, and Brain Injury



Clinicians **should** perform:

- Walking training at moderate to high aerobic intensities (up to 85% HR max)
- Walking training with virtual reality



Clinicians **may** consider:

- Strength training at $\geq 70\%$ 1 repetition max
- Circuit training, cycling, or recumbent stepping (up to 85% HR max)
- Balance training with virtual reality



Clinicians **should not** perform:

- Static or dynamic balance activities including pre-gait
- Body-weight support treadmill training with emphasis on kinematics
- Robot-assisted gait training



[Excellent reference list](#)

Great list for journal clubs. These can help you identify protocols.

A summary found on the ANPT webpage. There is a link to all the articles.

References are for chronic neurological, acute/subacute, neuroplasticity, gait kinematics, aerobic training.

Chronic Neurological

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Acute/Subacute Neurological

Speed-dependent treadmill training in ambulatory hemiparetic stroke patients: a randomized controlled trial. *Stroke*. 2002 Feb;33(2):553-8. Pohl M, Mehrholz J, Ritschel C, Rückriem S.

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Physical activity and exercise recommendations for stroke survivors: a statement for healthcare professionals from the American Heart Association/American Stroke Association. *Stroke; a journal of cerebral circulation*. 2014;45(8):2532-53. Billinger SA, Arena R, Bernhardt J, Eng JJ, Franklin BA, Johnson CM, et al.

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Podcast

To start your understanding of the CPG, listen to this excellent podcast by the author George Hornby on the ANPT Synapse Education Center.

[Stroke SIG: Locomotor CPG Discussion - Episode 9](#)

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