

**Interactive Metronome Fall Risk Reduction Program
Developing a Home Exercise Program, Module 5**

Patient Name: _____ Date Assessed: _____

Age: _____ Treating Diagnosis: _____

Goals of HEP:

- Maintain/increase strength
- Maintain/increase flexibility
- Maintain/increase vestibular function
- Maintain/increase Oculomotor function
- Maintain/increase proprioceptive function
- Maintain/increase cognitive function and dual tasking ability

How committed is patient to HEP? Motivation level? Have a discussion with patient about this topic, as it will frame intensity of exercise program:

Areas of concern that will impact HEP compliance?

- Changes in health status (most common reason)
 - Ideas to minimize impact: _____
- Lack of social support
 - Ideas to minimize impact: _____
- No place to exercise, no transportation to exercise site, and insufficient money to buy exercise equipment or join exercise facility
 - Ideas to minimize impact: _____
- Fear of falling
 - Ideas to minimize impact: _____

- Fear of an injury while exercising
 - Ideas to minimize impact: _____
- Increased stress and depression levels
 - Ideas to minimize impact: _____
- Increased age
 - Ideas to minimize impact: _____
- Decreased health status
 - Ideas to minimize impact: _____
- Lack of enjoyment while exercising
 - Ideas to minimize impact: _____
- Other: _____

How many exercises will you provide patient for HEP?

- 3-5 (low motivation, cognitive issues, reliance on caregivers)
- 5-8 (moderate motivation, minimal help from caregivers, can read and follow instructions)
- 8-10 (highly motivated, can read and follow instructions, goal is to improve – not just maintain)

List ideas for home exercise (note: can use same exercises discussed in module 3). What does the exercise target?

1. _____
2. _____
3. _____
4. _____
5. _____

Ideas to improve HEP efficacy and compliance include participation in group exercise class, regular phone calls/updates to therapist, and IM Home.

Questions? Please email dara.coburn@interactivemetronome.com.