Exercise Therapy

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FITT

FITT- Frequency, **I**ntensity, **T**ime, and **T**ype of Exercise.

Essential components of an exercise prescription include interdependent elements: frequency, intensity, time or duration, and type or exercise mode (the FITT equation) along with progression of physical activity.

FREQUENCY: in exercise program refers to the number of exercise sessions per day or per week. As with other aspects of dosage, frequency is dependent on other determinants, such as intensity and volume as well as the patient's goals, general health status, previous participation in a exercise program, and response to training.

Although an optimal frequency per week has not been determined, a few generalizations can be made.

For common conditions: Every other day or up to five exercise sessions per week is common.

Children and the Geriatrics the frequency is usually limited to two to three sessions per week.

Highly trained athletes involved in body building, power lifting, and weightlifting often train at a high intensity and volume up to 6 days per week.

INTENSITY: The intensity of exercise in a training program is the amount of resistance (weight) imposed on the contracting muscle during each repetition of an exercise.

The intensity of exercise and the degree to which the muscle is overloaded is also dependent on the volume, frequency, and order of exercise or the length of rest intervals.

One way to overload a muscle progressively is to gradually increase the amount of resistance used in the exercise program

In general, the level of resistance is often lower in rehabilitation programs for persons with impairments than in conditioning programs for healthy individuals.

Repetition Maximum: Method of measuring the effectiveness of a resistance exercise program and calculating an appropriate exercise load for training is to determine a repetition maximum.

Sets. A predetermined number of repetitions grouped together is known as a set or bout. After each set of a specified number of repetitions, there is a brief interval of rest.

TIME: Exercise time is the total number of weeks or months during which a exercise program is carried out. Depending on the cause of an impairment in muscle performance, some patients require only a month or two of training to return to the desired level of function or activity, whereas others need to continue the exercise program for a lifetime to maintain optimal function.

Time also includes rest period In general, the higher the intensity of exercise the longer the rest interval. For moderate-intensity resistance training, a 2- to 3-minute rest period after each set is recommended.

TYPE: The types of exercise selected for a training program are contingent on many factors, including the cause and extent of primary and secondary impairments.

The types of exercise are static (isometric) and dynamic, concentric and eccentric, isokinetic, and open-chain and closed-chain exercise, as well as manual and mechanical and constant and variable resistance exercises.

When available, supporting evidence from the scientific literature is summarized. Specific regimens or systems of resistance training, such as progressive resistive exercise (PRE), circuit weight training, velocity spectrum rehabilitation, and plyometric training, are also various types of exercises to be considered.

References:

1. Kisner, Carolyn. Therapeutic exercise: foundations and techniques / Carolyn Kisner, Lynn Allen Colby. — 5th ed.