

PATIENT OVERVIEW

[EXERCISE PRESCRIPTION]



UNIVERSITY OF
**NORTHERN
COLORADO**

**Cancer
Rehabilitation
Institute**

NAME

DATE

PHASE 1 2 3 4 (CIRCLE ONE)

SECTION I : GENERAL INFORMATION

Age	Gender	Resting Heart Rate
Height	Weight	Blood Pressure

SECTION II : CANCER HISTORY

Cancer Type 1	Cancer Stage
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Cancer Treatment(s) and Date(s)

SECTION III : PROBLEM LIST & CONSIDERATIONS

Problem List

Exercise Considerations

SECTION IV : CARDIOVASCULAR FITNESS RESULTS

Estimated VO₂peak

Classification Cancer/General

Estimated HR max

Estimated Resting HR

SECTION V : MUSCULAR STRENGTH AND ENDURANCE RESULTS

MUSCULAR STRENGTH TEST	PREDICTED 1-RM (lbs)	SEAT POSITION
Lat Pull-Down		
Shoulder Press		
Chest Press		
Seated Row		
Leg Curl		
Leg Extension		
Leg Press		

Chair Test (Reps)

SWR Chest

Classification

SWR Leg Press

Classification

SECTION VI : FUNCTIONAL ASSESSMENT RESULTS AND PROBLEM LIST

NASM Squat Test Results

1.

2.

3.

SECTION VII : FLEXIBILITY AND RANGE OF MOTION RESULTS

Frontal Raise: R L

Lateral Raise: R L

Modified Sit and Reach

SECTION VIII : CLIENT GOALS

Short-Term Goal

Long-Term Goal

SECTION IX : PRESCRIBED CARDIOVASCULAR AND MUSCULAR INTENSITIES

PHASE	%HRR Estimated 1-RM	RPE	CARDIOVASCULAR IMPROVEMENT	MUSCULAR STRENGTH IMPROVEMENT
One	30%-45%	1-3 (Light to moderate)	Maintain – 5%	10% - 15%
Two	40%-60%	3-6 (Light to moderate)	10% - 20%	30% - 50%
Three	60%-85%	4-8 (Moderate to hard)	5% - 15%	30% - 50%
Four	65%-95%	6-10 (Moderate to hard)	>5% increments / Maintain	>5% increments / Maintain

Starting HR _____ %

PRESCRIBED HR _____

Ending HR _____ %

_____ bpm

Starting _____ % 1-RM (lbs)

PRESCRIBED LBS _____

Ending _____ % 1-RM (lbs)

Lat Pull-Down		
Shoulder Press		
Chest Press		
Seated Row		
Leg Curl		
Leg Extension		
Leg Press		

In 12 weeks, my client should improve in cardiovascular endurance by _____ % and in muscular strength by _____ %.

SECTION X : WEEKLY RESULTS

		ESTIMATED WEIGHT LIFTED						
	PRESCRIBED HR/RPE	LPD	SP	CP	SR	LC	LE	LP
WEEK 1								
NOTES								
WEEK 2								
NOTES								
WEEK 3								
NOTES								
WEEK 4								
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WEEK 5								
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WEEK 6								
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WEEK 7								
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WEEK 8								
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WEEK 9								
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WEEK 10								
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WEEK 11								
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WEEK 12								
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Cancer Exercise
Specialist Signature

Client Signature