



Walking Treadmill Exercise Protocol Instructions

FCAP



Materials:

- Treadmill
- Visual Analogue Scale (VAS)
- Rate of Perceived Exertion (RPE) scale
- QR Code for symptoms/patient reported outcomes

Steps:

1. Have patient scan QR code to fill out their daily symptom survey.
2. Ask athlete how they are feeling overall 0-10 using the VAS. Write this value down on the table.
3. If a patient reports a VAS ≥ 7 , defer testing for that day. Only begin testing when the patient reports a VAS of ≤ 6 .
4. **The patient will begin exercising here.**
5. Have patient start walking on treadmill at 3.3 mph and 0% grade.
6. After each minute, ask patient to rate their RPE and VAS. Stop exercise if the patient rates their VAS ≥ 3 points above their baseline value.
7. Record the patient's treadmill grade, RPE, and VAS after each minute using the provided table.
8. All patient's should start and remain at an RPE of 9.
9. After each minute, adjust the treadmill grade by 0.5% or 1% to achieve their RPE.
10. Once the desired RPE is achieved, maintain the treadmill speed and grade for the duration of the exercise session of 20 minutes. Continue to monitor RPE and VAS after each minute and record in the provided table.
11. Once patient has finished, have them take a seat to relax.

Tips for Education and Encouragement:

- Patients may feel a little worse during exercise, however; as long as their VAS score is ≤ 2 points, continue to exercise.
- Emphasize scanning the QR code daily to complete the symptom inventory at approximately the same time each day.
- Positive reinforcement is appropriate with restraint - remind students that they are doing well, however; to not exceed their prescribed RPE.
- Many patients may not complete the entirety of their 20 minute session during their first visit. That said, encourage them to come back for their second visit.
- When the patient returns for a subsequent visit, and they can exercise for a longer time than before, use this improvement as encouragement.
- During the patient's first visit, ask them if they have received academic adjustments. If not, contact the Clinical Research Coordinator for follow up.