



Walking Treadmill Exercise Protocol FCAP



Materials

QR Code for symptom questionnaire, Treadmill, VAS Scale, RPE Scale

1

Student scans QR code and fills out daily symptom survey

Reminder to fill it out daily!

2

Ask student what their VAS Score is (overall pain 0-10)

Goal is to establish baseline VAS score

3

Student begins walking on treadmill at 3.3 mph and 0% grade

Adjust the treadmill grade after a minute to achieve desired RPE (9-13)

4

Every minute on the minute, ask for and document RPE, VAS, and grade

Student adjusts the treadmill grade to stay at desired RPE (9-13)

5

Continue protocol until stopping point

Student sits and relaxes when finished