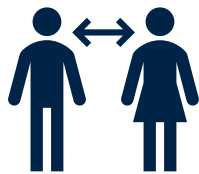




**Tele**health for **F**alls and **F**racture  
Prevention **I**mplementation Trial



**Dr Jenny Gianoudis**

speaking with

**Professor Robin Daly**

Client Instructional Video



Photo courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

Understanding your TeleFFiT  
**STRONG Exercises**



## KEY EXERCISE COMPONENTS

### Duration

~30 minute per session, 3 d/week

+

~3-5 minute daily activity snacks



Exercise to optimize bone and muscle strength



Exercise to improve mobility and reduce falls risk



Exercise to improve posture and protect the spine

+



Daily weight-bearing “activity snacks” to load bones



# TeleFFiT Exercise Program

## FITT Principle of Training

### Frequency

*How Often*

**3**

sessions  
per week

### Intensity

*How Hard*

**Moderate**

to

**Hard | Fast**

### Time

*How Long*

**30**

minute  
sessions

### Type

*What Exercises*

**Strong  
Steady  
Straight**

8 exercises

**+ Activity snacks:** daily weight-bearing exercises to load your bones.

**Warm-up:** include stepping, mobility and flexibility exercises.

**Equipment:** fitness mat, foam pad, resistance bands, aerobic step and dumbbells.



# TeleFFiT Exercise Program

<b>Weeks</b>	<b>Phase</b>	<b>Training Focus</b>
<b>1 – 4</b>	<b>Tier 1 – Adoption</b>	Familiarization: Technique & Posture
<b>5 – 16</b>	<b>Tier 2 – Bronze</b>	Conditioning and Upskilling
<b>17 – 28</b>	<b>Tier 3 – Silver</b>	Strengthening Training Gains
<b>29 – 40</b>	<b>Tier 4 – Gold</b>	Powering up Training
<b>41 - 52</b>	<b>Tier 5 – Platinum</b>	Multi-functional and Translational

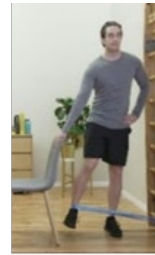
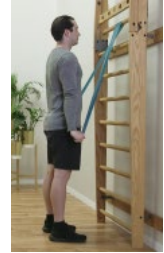
\* All exercise programs are individually prescribed by our exercise physiologists and based on each individuals health and functional status as well as needs and preferences.

# STRONG: Resistance Training Program



## Goals of the STRONG training:

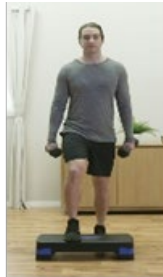
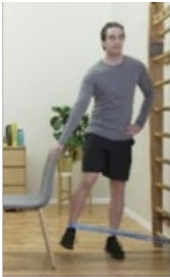
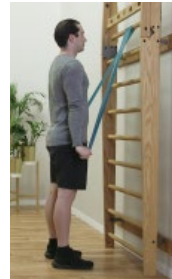
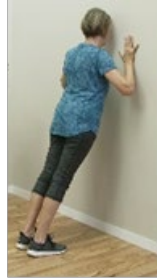
- To increase **muscle mass** and **strength** with a focus on targeting muscles attached to or near the hip, spine and wrist.
- To improve **functional muscle strength** to optimise your ability to performed everyday activities of daily living (e.g., *climbing stairs*).



**TELEHAB**  
EXERCISE PRESCRIPTION APP

Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

# STRONG: *Resistance Training Dose*



2 sets  
of 10 reps  
for each  
exercise

**TELEHAB**  
EXERCISE PRESCRIPTION APP

## Dose – How Much?

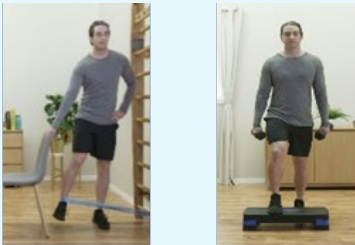
- For each program you will be prescribed around **five STRONG** exercise per session.
- You will complete each exercise **twice**. This is referred to as **2 sets** of an exercise.
- For each exercise, your goal is to complete it 10 times. This is referred to as **10 reps**.
- After each exercise, you will have a **60 second rest** period.

Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>



# STRONG

## How Hard?



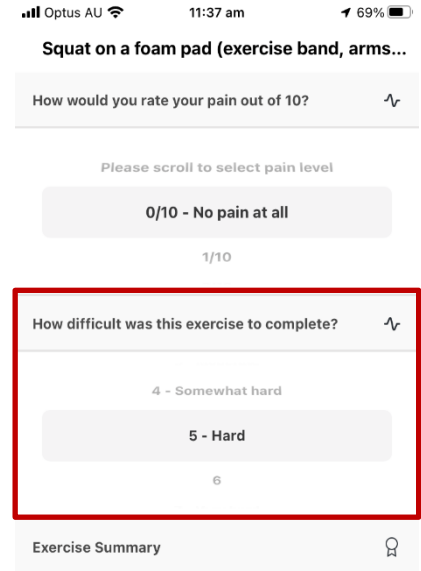
Photos courtesy of TeleHab (VALD Health)  
<https://valdhealth.com/>

# Rating or Perceived Exertion (RPE)

## How difficult was this exercise to complete?

How difficult was this exercise was complete?	
0	Nothing at all
0.5	Very, very light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard

Resistance training zone

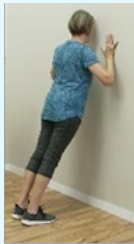


**TELEHAB**  
EXERCISE PRESCRIPTION APP



# STRONG

## Pain Rating



Photos courtesy of TeleHab (VALD Health)  
<https://valdhealth.com/>

# Pain Rating

How would you rate your pain out of 10?

Please scroll to select pain level

0/10 No pain at all

1/10

2/10

3/10

4/10

5/10 Moderate pain

6/10

7/10

8/10

9/10

10/10 Extreme pain

Optus AU 11:37 am 69%

Squat on a foam pad (exercise band, arms...)

How would you rate your pain out of 10?

Please scroll to select pain level

0/10 - No pain at all

1/10

How difficult was this exercise to complete?

4 - Somewhat hard

5 - Hard

6

Exercise Summary

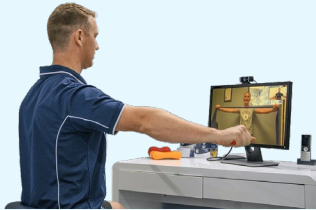
**TELEHAB**  
EXERCISE PRESCRIPTION APP





# STRONG

## Send Feedback



**TELEHAB**  
EXERCISE PRESCRIPTION APP

After completing  
2 sets of each  
exercise, you have  
the option to include  
**written feedback**  
that will be reviewed  
by your exercise  
physiologist

Optus AU 11:37 am 69%

Squat on a foam pad (exercise band, arms...)

Did you complete 2 sets of 10 reps each?

NO  YES

How many reps did you complete for set 1?

10 100.0%

How many reps did you complete for set 2?

6 60.0%

Additional feedback

Mild pain in left knee during last set - only did 6 reps

Exercise duration

Save Feedback

◀ Add  
feedback



Consult your **Exercise Physiologist** if you have any questions about your program