

George Fox University
School of Physical Therapy
Presents

Kim E. Eppen, PT, PhD

Exercise Prescription in Pulmonary Rehabilitation: Exercise Training Considerations for People with Pulmonary Disease.

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Exercise training is an integral part of pulmonary rehabilitation. The effectiveness of exercise training is largely contingent upon the quality of the exercise prescription. Successful exercise prescription is based upon scientific principles and the artful application of those principles to individually tailor programs.

The primary objectives of this session are to: identify the core components of exercise prescription and discuss some disease related considerations when prescribing exercise for patients with respiratory abnormalities. This session will provide an opportunity for people of all levels of clinical experience to come together and share in the interactive learning activity. The format will include hands-on, case study examples designed to be applicable to your clinical practice.



Kim E. Eppen, PT, PhD, is a licensed practicing Physical Therapist with over 21 years of experience. She has devoted the past 19 years to specializing in Cardiopulmonary Physical Therapy, more specifically, Pulmonary Rehabilitation, at a large Midwestern University Hospital. (University of Iowa Hospitals and Clinics). She is considered a Clinical Specialist in the area. Kim is also an Adjunct Clinical Assistant Professor in the Department of Physical Therapy and Rehabilitation Science in the College of Medicine at the University of Iowa with primary involvement in the Cardiopulmonary Therapeutics and Differential Diagnosis courses. Dr. Eppen routinely serves as a Clinical Supervisor for undergraduate students in the Department of Health and Human Physiology, Clinical Exercise Physiology graduate students, and as a Clinical Instructor for Doctoral students in Physical Therapy from various academic institutions. Kim is also a routine presenter at courses and meetings at the local and national level