

George Fox University School of Physical Therapy Presents

Exercise Prescription in Chronic Disease

By Kim E. Eppen, PT, PhD, FAACVPR

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CANYON COMMONS - ROOM 101 – 6:30-8:00PM

No RSVP Necessary

(CEU'S WILL BE OFFERED)



Chronic disease is the most common, costly, and preventable of all health conditions. The US population is plagued by physical inactivity, lack of cardiorespiratory fitness (CRF), and sedentary lifestyles, all of which are strongly associated with the growing epidemic of chronic disease. Due to growing concern, recent position stands have been published by scientific organizations to help recruit and promote physician and other health care providers' (HCP) involvement in screening and promoting physical activity (PA) in patients. Health care is a team effort and each member can play an important role in this process. The primary objectives for this session are to: identify the relationship between inactivity and chronic disease, discuss PA guidelines for "general health benefits," and discuss the role of physicians and other HCPs in assessing and prescribing PA/exercise for prevention and/or management of chronic disease. Specific strategies that can be implemented into your clinical practice will be discussed.



Kim is a licensed, practicing Physical Therapist and Clinical Specialist with over twenty-five years of experience. Twenty-three of those years have been specializing in Pulmonary Rehab at a large, Midwestern academic medical center—the University of Iowa Hospitals and Clinics. She is also an Adjunct Clinical Assistant Professor in the Department of Physical Therapy and Rehabilitation Science in the Carver College of Medicine at the University of Iowa and holds adjunct faculty positions at various other DPT programs.

Kim routinely presents at continuing education courses and conferences at the state and national level and provides continuing medical and clinical education for various medical residency and fellowship training programs. She also 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. Exercise testing, prescription, and training for people with pulmonary disease are her areas of primary specialization and expertise.