



Guelph Family
Health Team

Exercise and Kinesiologists in Primary Care

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Kinesiologists Supporting Patients

- Assess
 - Musculoskeletal Impairments and functional movement
 - Risk stratification
 - Readiness to change using motivational interviewing techniques
- Develop individualized exercise plans and physical activity goals (SMART Goals)
- Hold regular follow up appointments: in person, phone, and email
- Supervise exercise sessions and facilitate group exercise at clinic fitness rooms
- Provide linkages to programs and resources within the community

Programs

Diabetes Care Guelph

18+

Type 1, Type 2, Pre-Diabetes

Using exercise to help improve glycemic control

Chronic Pain Management Program

18+

Non-Cancer chronic pain > 6 months

Assessing the impact of pain on individuals' activity levels and how these can be improved through exercise prescription and physical activity planning

Walking Group

In Partnership with the Guelph YMCA

Twice weekly drop in program

Led by volunteers

Participants receive pedometers, healthy recipes, and motivation while walking

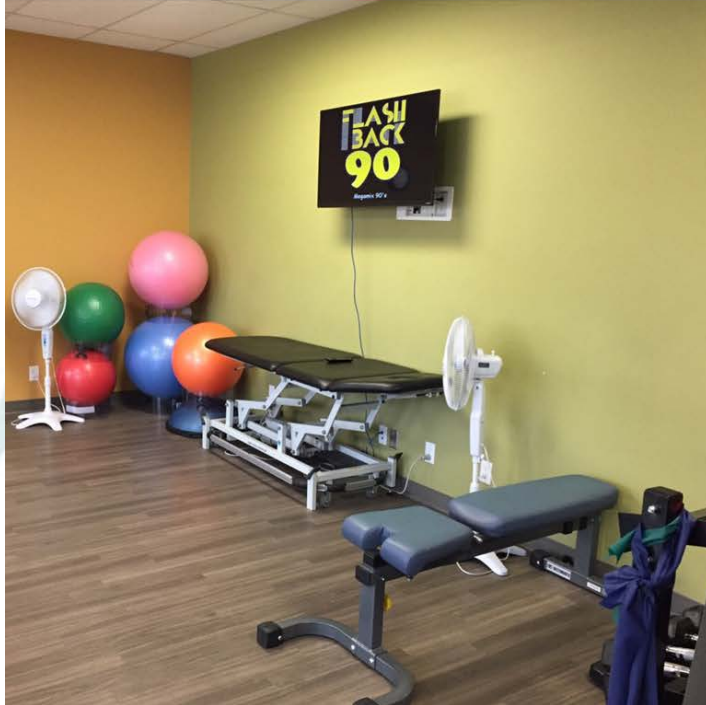
Community Outreach

- Community of Hearts
- Evergreen Seniors Centre
- World Diabetes Day



Fitness Rooms





Group Exercise Programs

- 4-14 participants per class
- Cardio component tailored to the individual
- Strength Training
- Balance and flexibility exercises
- Group discussion and education
- 2x/wk 90min

Group Exercise Programs



Student Volunteers



- Human Kinetics and biomedical science students from University of Guelph
- Supervise fitness rooms
- Facilitate group classes
- Run community walking group
- Work one on one with patients

Peer Volunteers

- Program veterans
- Complete similar training to student volunteers
- Provide support in facilitating group classes
- Are a positive and motivational example for new participants



Patient Encouragement



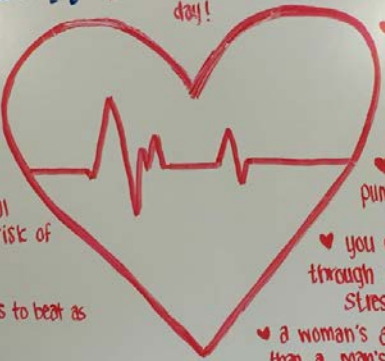
February is
HEART month!

did you know?!

- ♥ it beats 100,000 times a day!
- ♥ your heart is about the size of your two hands clasped together
- ♥ regular exercise is the single most important key to heart health - and it's FREE! ☺
- ♥ the more education you have, the lower your risk of heart disease
- ♥ happiness and a strong sense of emotional vitality helps lower your risk of heart disease
- ♥ each minute your heart pumps 1.5 gallons of blood
- ♥ you control your heart health through diet, exercise and managing stress
- ♥ the first heart cell starts to beat as early as 4 weeks
- ♥ a woman's average heartbeat is faster than a man's by almost 8 beats/minute

Challenges to come...

Track your hours to win a prize



HOLIDAY WORKOUTS

Dec 1st
Santa Sits
Sets 1-3 Reps 10



Please ask your Physiotherapist if you would like help designing the exercise or if you feel the exercise is not appropriate for you. Do not do exercises if you feel pain or discomfort.

How are we doing?

“ Very helpful and friendly. Kinesiologist has really been helpful in getting me to manage my pain. It is the first time in almost 2 years I feel less pain in my legs”

- Chronic Pain Patient

“ After only 4 weeks I feel an improvement in my overall condition, making headway and I can't wait to continue seeing progress”

-Diabetes Care Guelph Patient

Patient Testimonial

“After 4 years of physiotherapy, 5 days a week, because of 4 hip operations in 3 year, I could only get around with a walker and cane. My doctor recommended a program with Diabetes Care. I was hesitant but committed to the 12 week program. This commitment was the best thing I did.

I am much stronger, feel great and can walk without a walker or cane!

This is a great program”

-Jackie, Diabetes Care Guelph patient

How do we know?

Program Outcome Measures:

- Patient surveys
- Patient focus group and follow-up interviews
- Clinical outcome measures : weight, BP, A1c, waist circumference
- Program outcome measures: PHQ-4, Brief Pain Inventory – Pain Severity Index and Pain Interference, Pain Catastrophizing Scale
- Kinesiology and gym use statistics: number of individual patients, members, and current users

How to start a program

Exercise Professional	<ul style="list-style-type: none">– Registered Kinesiologist
Space	<ul style="list-style-type: none">– Clinic Fitness room– YMCA/private gym– Community hall/meeting room
Equipment	<ul style="list-style-type: none">– Machines– Free weights– Bands– Body weight
Support People	<ul style="list-style-type: none">– Volunteers– Peer volunteers

Contact Information

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