



Strategies for Optimizing Sustainable Therapeutic Outcomes Related to the Treatment of the Movement System

Independent Study
Course 29.1.6

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CONTINUING PHYSICAL THERAPY EDUCATION

ACADEMY OF
**ORTHOPAEDIC
PHYSICAL THERAPY**



 **APTA**
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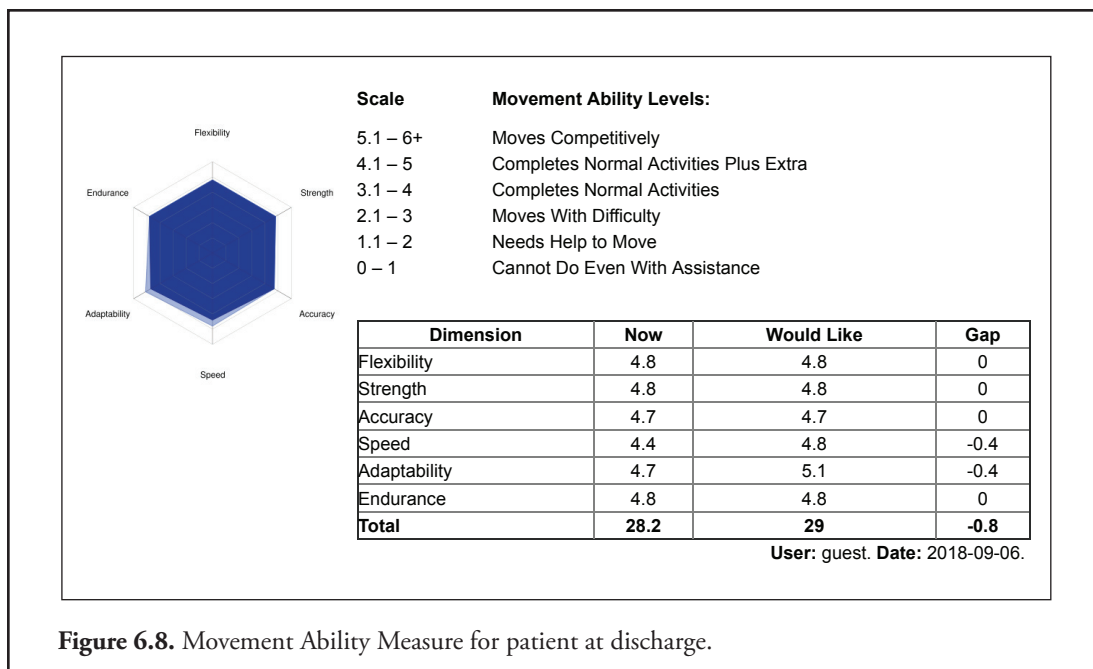


Figure 6.8. Movement Ability Measure for patient at discharge.

loading that undermines adherence. Consider patient personal and environmental factors that support or deter participation and provide activities in an environment that meets patient's preferences. Use the many dosing variables available to ensure that the movement program matches the patient's preferred movement goals.

Beyond assessing the impairments, activity limitations, and participation restrictions as delineated by the ICF, physical ther-

apists must also view the assessment through the lens of the movement system. Gaps between the current and preferred movement can provide a template for patient-centered care. Design a rehabilitation program grounded in evidence (see previous monographs in this series) that matches the patient preferences to optimize the opportunity for successful and sustainable outcomes. Ensure that the tools chosen to assess outcome are the best choice

for the purpose of the measurement in order to capture successful outcomes that are patient-centric. Ensure that these tools assess movement that is relevant to the patient. Outcomes should be sustainable beyond the timeframe of the physical therapy plan of care, and discharge planning must include seamless transitions to healthy exercise or activity to support population health goals.

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