
Learning Objectives

MedBridge

Lifestyle Medicine in Physical Therapy to Reduce Chronic Disease

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Course Objectives:

Upon completion of this course, learners will be able to:

- Discuss trends in hypertension, obesity, type II diabetes, and physical inactivity and their impacts on chronic preventable disease to motivate therapists to address lifestyle modification as part of routine clinical care
- Describe the detrimental effects of chronic hypertension on cardiovascular morbidity and mortality to encourage implementation of more consistent blood pressure screening and monitoring in clinical practice
- Describe the interrelationships between physical inactivity and obesity to hypertension and type II diabetes to improve their ability to educate their patients on the benefits of lifestyle choices to reduce and reverse the impacts of these conditions on chronic disease
- Model a method to incorporate lifestyle behavioral change into clinical practice as an alternative to pharmacological intervention for hypertension, type II diabetes, and chronic diseases