

TREATMENT OBJECTIVE		EXERCISE DOSE			
		REPETITION ZONES	RESISTANCE % OF 1RM	NUMBER OF SETS	REST BREAKS
SYMPTOM REDUCTION - DECREASE PAIN - IMPROVE CIRCULATION - STIMULATE TISSUE HEALING - PREVENT CHRONICITY		220 - 240 TIME	≤ 15% OF 1RM	3	≤ 30 SECONDS
		108 - 118 TIME	≤ 30% OF 1RM	3	≤ 30 SECONDS
		68 - 76 TIME	≤ 40% OF 1RM	3	≤ 30 SECONDS
		40 - 47 TIME	≤ 50% OF 1RM	3	≤ 30 SECONDS
IMPROVE RANGE OF MOTION		31 - 50	≤ 50% OF 1RM	3	≤ 45 SECONDS
IMPROVE COORDINATION/ STABILIZATION/ BALANCE		31 - 50	≤ 50% OF 1RM	3	≤ 45 SECONDS
IMPROVE NEUROMUSCULAR PERFORMANCE	ENDURANCE	25 - 30	60% OF 1RM	3	60 SECONDS
	ENDURANCE/ STRENGTH	15 - 20	70% OF 1RM	3	120 SECONDS
	STRENGTH	8 - 12	80% OF 1RM	3	300 SECONDS
	POWER	6 - 8	40 - 70% OF 1RM + SPEED	3	30 - 120 SECONDS
SEGMENT	RELATIVE MASS	Calculation Guidelines for Dosing Clinical Fatigue Test 1. Choose the desired therapeutic exercise treatment objective and corresponding target repetition zone. 2. If the Clinical Fatigue Test result falls <u>within</u> the Target Zone; a. Deduct 10% of the resistance (preferred) or, b. Deduct 20% of the repetition from CFT result or, c. Deduct 10% of the reps from CFT result and 5% of the resistance. 3. If the Clinical Fatigue Test result falls <u>below</u> the Target Zone but not by more than 20%, we keep the number of repetitions and deduct 10% from the resistance. 4. If the Clinical Fatigue Test result falls <u>above</u> the Target Zone but not by more than 20%, we keep the resistance and deduct 20% from the number of repetitions. 5. If the Clinical Fatigue Test result falls above or below the Target Zone by <u>more</u> than 20%; then calculate a new test resistance and re-test. 6. For the Stabilizations & Mobilizations with Exercise CFT always keep the test resistance the same and reduce the number of repetitions by 20%. (Provided the movement quality is appropriate.)			
HEAD	7.3%				
TRUNK	50.7%				
UPPER ARM	2.6%				
FOREARM	1.6%				
HAND	0.7%				
THIGH	10.3%				
CALF	4.3%				
FOOT	1.5%				