



2022 Annual Conference | Course Description & Objectives | April 9, 2022

UNMC Truhlsen Events Center

Wendy Anemaet PT, DPT, PhD

Course Title: Evidence Based Resistance Training for the Older Adult

Course Description:

Resistance training is an important part of therapeutic exercise, especially for the older adult. Yet, it is often underutilized intervention in the geriatric population. This course provides therapists with clinically relevant information on the theory underlying resistance exercise and how to integrate that theory into clinical practice in order to help patients achieve their maximal outcomes. Participants will gain an updated understanding of evidence-based assessment and exercise prescription as well as clinical decision-making strategies allowing them to immediately implement this integral component of therapeutic exercise into practice with their older adult patients.



Course Objectives:

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

1. List benefits of resistance training in older adults
2. Describes common misconceptions about resistance training in the geriatric population and refute these misconceptions with the literature
3. Describe at least three ways to assess muscle performance
4. Differentiate between muscle strength, muscle power, and muscle endurance
5. Design, implement, and modify effective resistance exercise programs

Bio:

Wendy K. Anemaet, PT, DPT, PhD, GCS, CWS, GTC, COS-C is a physical therapist since 1989 with experience in home health, acute care, rehab, outpatient, and skilled nursing. She is an Associate Professor at Hardin Simmons University Physical Therapy Program in Abilene, Texas. Wendy is a Geriatric Clinical Specialist and Certified Wound Specialist, has a Geriatric Training Certificate as well as a Certificate of OASIS Specialist, and serves on the editorial board of *Topics in Geriatric Rehabilitation*. She has co-authored books on home health rehabilitation and has published hundreds of articles physical therapy in peer-reviewed and trade publications. She lectures nationally on geriatric strengthening, wound assessment and management, falls prevention, and competency testing for home health physical

therapists on the drug regimen review and pharmacology. Her current research interests include exercise, arthritis, and geriatrics.

Schedule (times may change slightly):

7:00-7:30	Registration
7:30-10:00	Resistance Exercise and the Older Adult: Who, What, How, and Why
10:00-10:45	Exhibitor's Break
10:45-12:00	Assessing Muscle Performance
12:00-1:30	Business Meeting and Lunch
1:30-3:00	Prescribing Resistance Exercise
3:00-3:15	Break
3:15-5:00	Clinical Decision Making