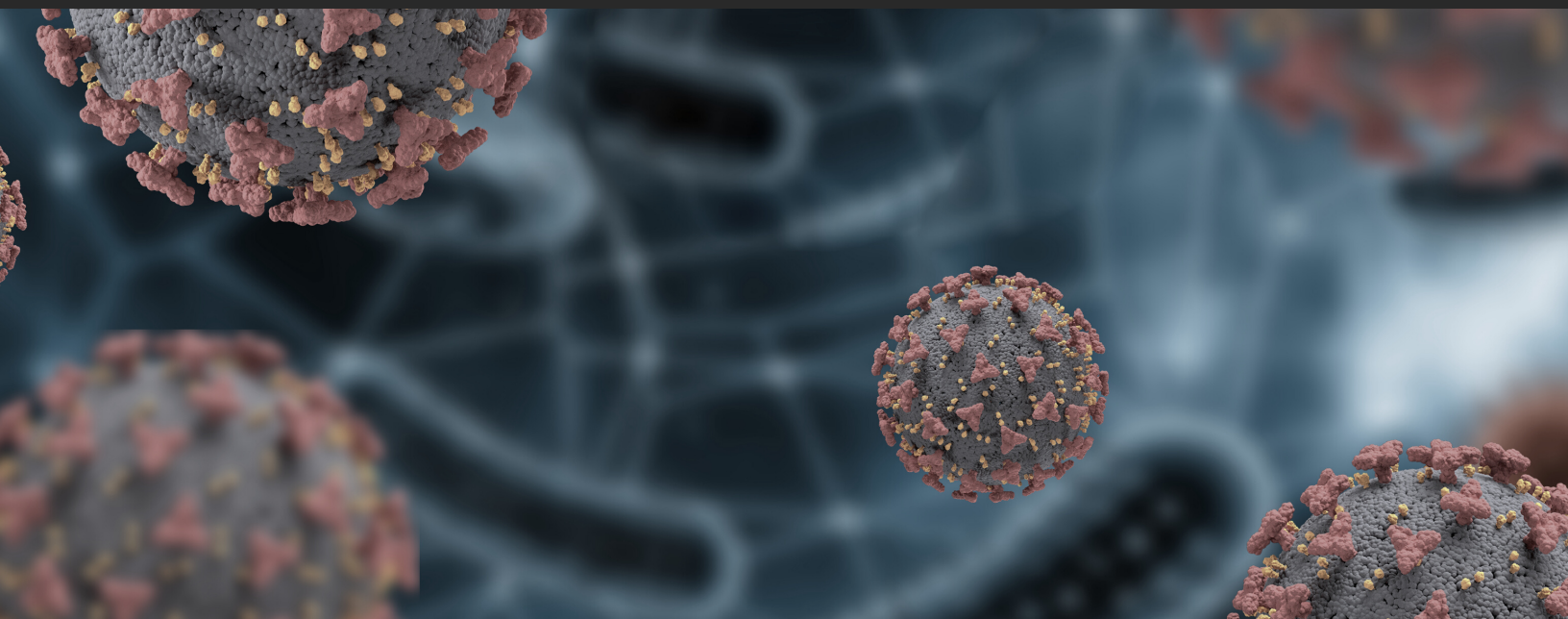


THE PACER PROJECT

A COLLABORATIVE PROJECT BY APTA ACADEMIES



STAY TUNED FOR UPDATES:



WHAT IS IT???

We're better together...

The Post Acute COVID-19 Exercise and Rehabilitation (PACER) Project is an initiative formed by multiple APTA sections & academies as a resource for administrators, and to increase practitioner proficiency in cardiovascular and pulmonary (CVP) physical therapy, including critical illness sequelae.

Subject matter experts are organizing educational resources to guide the rehab professional through the challenges seen in patients with and following the COVID-19 virus. These learning modules will be released through the [APTA's Learning Center](#). These videos are also available for free on the Cardiovascular & Pulmonary Section's [YouTube Channel](#).

BFR'S ROLE IN PACER?

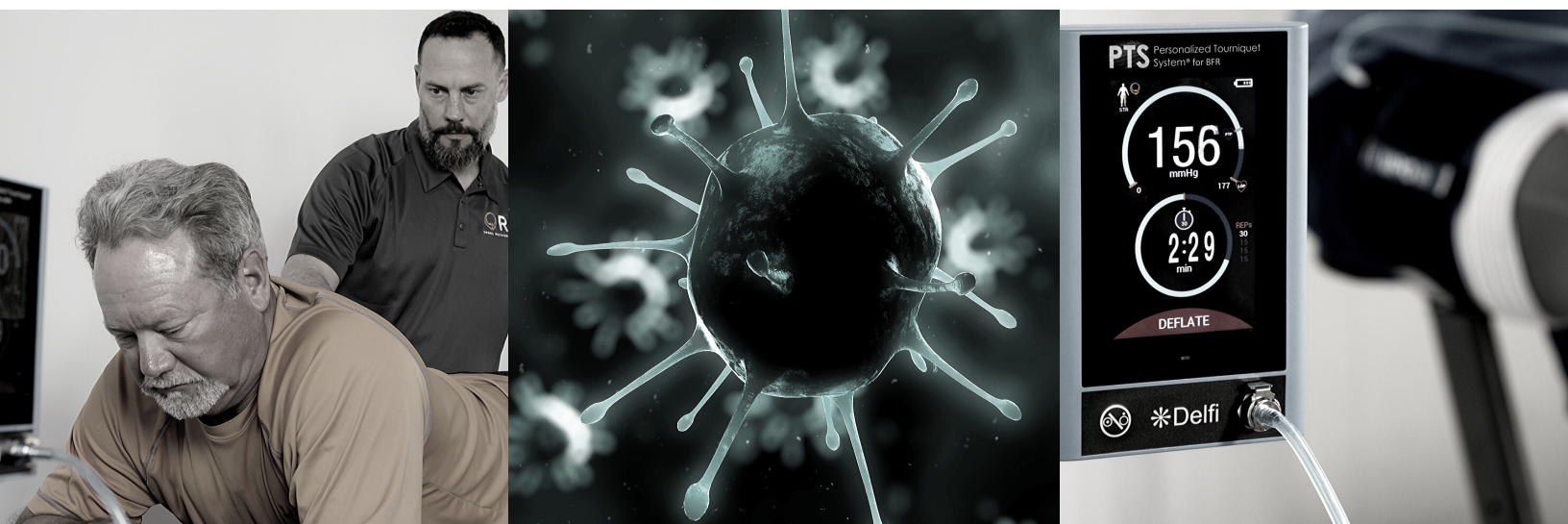
Johnny Owens, PT

It is currently unknown if this patient population will tolerate moderate to high-intensity exercise, potentially creating long-term disability and re-hospitalizations. Blood Flow Restriction (BFR) rehabilitation may provide a low load alternative to restore muscle quantity and quality. Additionally, our most recent Systematic Review and Meta-Analysis conducted with leadership in the APTA Cardiovascular and Pulmonary Section revealed that aerobic capacity is improved to a greater extent when low-level aerobic exercise is performed with BFR vs low-level exercise alone. This may afford an opportunity to address the significant loss in pulmonary function utilizing low intensities.

TOPICS / COURSES

- COVID-19 Specific PT Considerations
- CVP Anatomy & Physiology
- CVP Examination
- CVP Medications
- Vital Signs, Exer Prescription, O2 devices
- Post-Intensive Care Syndrome (PICS)
- Chest PT & Other Airway Clearance Techniques
- Posture, Breathing, Ventilation
- Inspiratory Muscle Training
- Blood-Flow Restriction Training
- Outpatient Pulmonary Therapy
- Cardiopulmonary Outcome Measures
- Pediatric Considerations
- Geriatric Considerations
- Home Health Considerations
- Music Therapy

Heidi Engel
Steve Tepper
Morgan Johanson
Michael Tevald & John Lowman
Ellen Hillegass
Patricia Ohtake & Jim Smith
Annie Downs
Mary Massery
Larry Cahalin
Johnny Owens & Larry Cahalin
Pam Bartlo & Naomi Bauer
Kristin Lefebvre
Ashley Parish
Suzanne Greenwalt
Melissa Bednarek & Ken Miller
Donna Frownfelter



“

”...THE WHO RECOMMENDS ACTIVE MOBILIZATION, BUT THE HIGHLY CONTAGIOUS NATURE OF THE VIRUS MAY NOT ALLOW THIS RECOMMENDATION TO BE EXECUTED.”