

**Session Title:** Rehabilitation through the Lifecycle: Models in Adaptive Practice

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**Objectives:**

- 1) To stimulate discussion on strategies for interprofessional care when dealing with various stages of the lifecycle.
- 2) To identify the roles of various professionals in facilitating rehab care, providing key patient knowledge or monitoring follow-up in care .
- 3) To provide examples of models of care applied to various life stages.

**Key Points for Practice:**

- Understanding your target population helps determine Interprofessional language, roles and services
- Understanding and being inclusive of all health and exercise professionals assists in information dissemination to patients and provides non-traditional services.
- Interprofessional program planning requires an analysis of benefits and challenges.

**Resources:**

1. Reprint of Article in Diagnosis on Female Athlete Triad
2. CASM Position Statement on Exercise and Pregnancy
3. Par Q
4. ParMed X
5. Readiness for Exercise Guidelines