

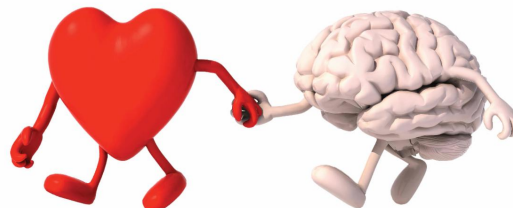
June 2020 Intensity Matters



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Intensity Matters

INTENSITY MATTERS



ACADEMY OF
NEUROLOGIC
PHYSICAL THERAPY

Please follow [Intensity Matters campaign](#).

The Knowledge Translation Task Force has been created to help disseminate information about how to help you implement high intensity walking training into your practice.

In an effort to increase awareness and translation of research into practice, the ANPT has selected a high impact area of evidence to promote at the national level. This year's campaign, "Intensity Matters", is focused on promoting walking training at high cardiovascular intensities to maximize locomotor outcomes for individuals with neurologic diagnoses.

Improving walking function is a common goal for individuals after neurologic injury. Several key components that promote neuroplasticity include repetition, task specificity, and intensity. While repetition and task specificity often play a predominant role in walking training, there has been less of a focus on defining

intensity during these interventions. Recent research supports walking training at high cardiovascular intensities to improve walking-related outcomes. High cardiovascular training levels have been defined in the literature as 70-85% of maximum heart rate or 60-80% of Heart Rate Reserve, a formula which factors resting heart rate. In instances where a heart rate response is blunted by medication or monitoring is not feasible, the Borg Perceived Exertion Scale can be used with the target of $\geq 14/20$.

Mechanisms underlying these changes are thought to include improvements in cardiovascular capacity and efficiency, increased neural drive, and the release of higher levels of neurotrophic factors that promote neuroplasticity.

For excellent resources on application and integration into practice Please [Click here for more details.](#)

On this page, you will find tools and resources to help clinicians implement high intensity gait training with patients as well as provide educational materials for patients, physicians, and other stakeholders

Tools

Heart Rate Reserve Calculator

Heart Rate Max Calculator

Heart Rate Intensity Guide

Continuous Heart Rate Monitoring Device Choices

Borg Rating Scale

Podcast

To start your understanding of the CPG, listen to this excellent podcast by the author George Hornby on the ANPT Synapse Education Center.

[Stroke SIG: Locomotor CPG Discussion - Episode 9](#)

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