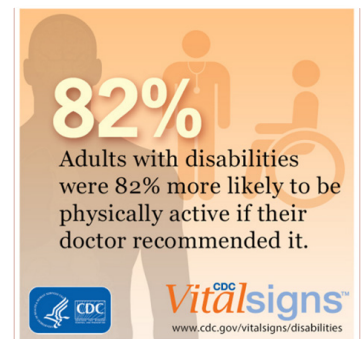


Health Care Providers: Talk to Your Patients with Disabilities and Chronic Health Conditions about Physical Activity

Physical activity is for everybody! Most adults with disabilities can participate in physical activity, **yet nearly 50% report getting no aerobic physical activity**. As a health care provider, you know that physical activity is an important part of health and function for people with disabilities and chronic health conditions. It can help improve strength, mobility, mood, energy, symptom management, and independence. But conversations about activity must be individualized, realistic, and supportive.



Many activities can be adapted for people with disabilities and health conditions to get the same health benefits. Your encouragement and referral matters!

When doctors recommend physical activity, people with disabilities are 82% more likely to engage in it.

Health care providers can now be paid through CMS for administering a standardized, evidence-based assessment of physical activity and nutrition as part of routine care.



Administer a standardized, evidence-based assessment of physical activity and nutrition, 5–15 minutes, not more often than every 6 months.



Incorporate into an annual wellness visit as part of personalized prevention planning.



Approved physical activity assessment questions are based on the Physical Activity Guidelines for Americans.

CMS will now pay doctors to assess physical activity!

Approved Assessment Questions



1 — Active Days Each Week

On average, how many days per week do you engage in moderate to vigorous physical activity?

Write number of days: _____



2 — Minutes Each Active Day

On average, how many minutes do you engage in physical activity at this level?

Write minutes: _____





3 — Weekly Total Minutes

Total minutes per week of moderate to vigorous physical activity.
Days × Minutes = Total Weekly Minutes

_____ × _____ = _____ minutes per week



Muscle Strengthening Activity

How many days a week do you perform muscle strengthening exercises such as body weight exercises or resistance training?

Write number of days: _____

Use HCPCS Code: G0136 — This is the code CMS updated for standardized physical activity and/or nutrition assessment that can be billed approximately every six months when clinically indicated.



Refer your patients to community-based programs like Lakeshore Foundation!

Lakeshore offers accessible fitness, sports, and wellness programs for people with disabilities and chronic health conditions. They provide trained staff, adaptive equipment, and supportive programs to help you be active in ways that work for you.

Visit www.lakeshore.org and call today for a tour! 205-313-7400



LAKESHORE

Increasing physical activity among adults with disabilities

Doctors and other health professionals can use these steps to recommend aerobic physical activity options that match each person's specific abilities and connect him or her to resources that can help each person be physically active.



1. Know the Physical Activity Guidelines

The Physical Activity Guidelines are for everybody.
www.health.gov/paguidelines/guidelines/

Review the patient's charts before each visit.

Explain that adults of all shapes, sizes and abilities can benefit from being physically active.



Encourage at least 2½ hours a week of moderate-intensity physical activity.

2. Ask about physical activity

Remember to look beyond the disability and put the person first. Use terms such as "person with a disability" instead of "disabled" or "handicapped person".

How can you add more physical activity in your life?

What types of physical activity do you enjoy?

How much physical activity are you currently doing each week?

3. Discuss barriers to physical activity



Physical Barriers



Emotional Barriers

4. Recommend physical activity options

Describe physical activity options based on patient's abilities.



Brisk walking



Wheeling oneself in wheelchair



Swimming laps



Water aerobics



Hand-crank bicycle

5. Refer patient to resources and programs

Check-in with patient about his or her activity level at every visit.

Refer patient to resources and programs to help them begin or maintain their physical activity.

Remember to use the "teach-back" method to make sure patient understands the recommendations.



Wheelchair basketball, tennis, football, or softball

For resources: www.cdc.gov/disabilities/PA, www.cdc.gov/vitalsigns

Prescription for Physical Activity



Patient Name: _____

Date: _____

Provider: _____



Assessment Summary

- ✓ Days/week of moderate-vigorous activity: _____
- ✓ Minutes per session: _____
- ✓ Total MVPA minutes/week: _____
- ✓ Days/week of muscle-strengthening activity: _____



Personalized Physical Activity Goals



Aerobic Activity Goal

Recommended Weekly Minutes: _____ (Target: 150–300 minutes/week of moderate intensity, or as tolerated)

Suggested Accessible Activity Types:

- ☐ Walking or wheelchair walking/rolling
- ☐ Upper-body ergometer
- ☐ Swimming/aquatic exercise
- ☐ Adaptive cycling
- ☐ Wheelchair sports

- ☐ Seated cardio
- ☐ Seated yoga
- ☐ Other: _____



Strengthening Goal

Recommended Days per Week: _____ (Target: 2+ days/week)

Suggested Accessible Strength Activities:

- ☐ Resistance bands
- ☐ Body-weight exercises
- ☐ Free weights or machines
- ☐ Functional strength activities
- ☐ Other: _____



Modifications and Precautions

- ☐ Pain management considerations
- ☐ Fall risk mitigation
- ☐ Joint protection strategies
- ☐ Spasticity/contracture management
- ☐ Cardiometabolic precautions
- ☐ Other: _____



Follow-Up Plan

- Next check-in: _____
- Referrals: PT ☐ OT ☐ Adaptive fitness ☐ Adaptive sports ☐ Community program ☐



LAKESHORE

Lakeshore Foundation offers accessible fitness, sports, and wellness programs for people with disabilities and chronic health conditions. Their trained staff, adaptive equipment, and supportive environment help adults engage in physical activity tailored to their abilities.

Website: www.lakeshore.org

Address: 4000 Ridgeway Drive Birmingham, AL 35209

Phone: 205-313-7400

Call today for a tour and to learn more about programs that can support your physical activity goals! Bring this prescription sheet and let their expert staff customize a plan for you.

