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IDEA
PERSONAL
TRAINER
INSTITUTE
2023

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280 Adaptive Fitness: Coaching Clients With Disabilities

Presented by: Adaptive Fitness Specialists **Robby Febo & Devon Palermo**


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Intro's

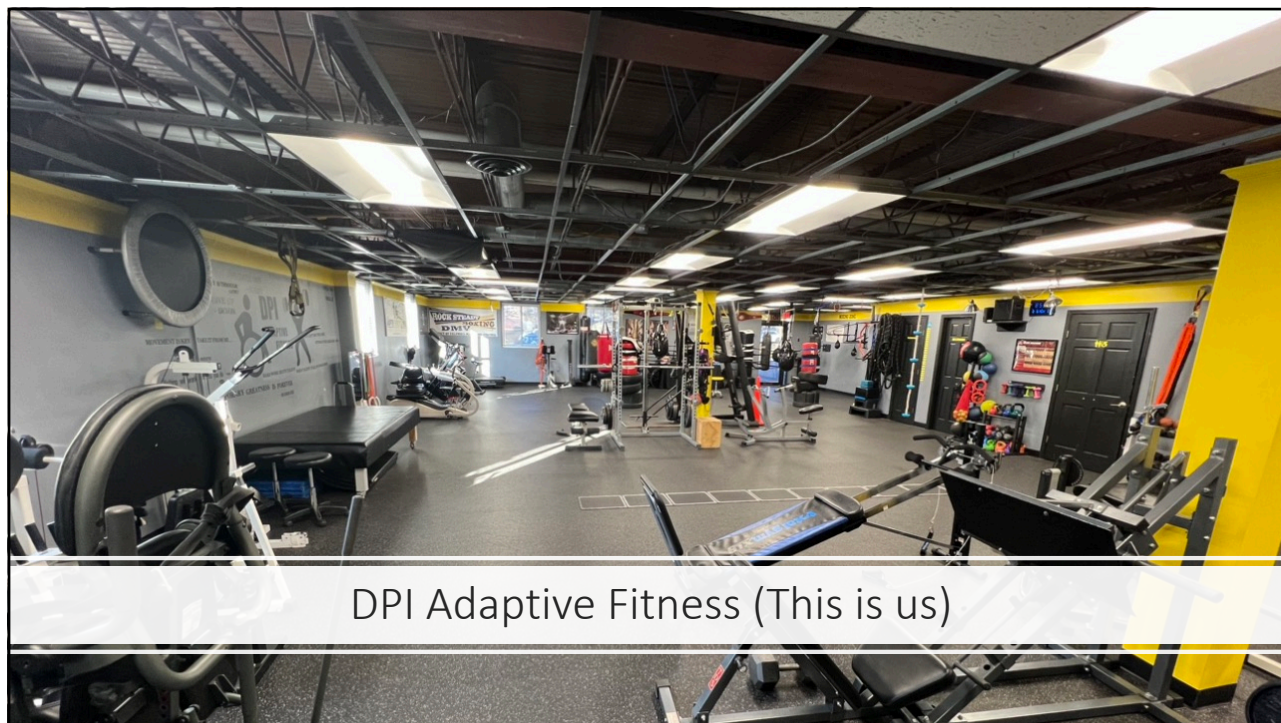
<p><u>Devon Palermo</u></p> <ul style="list-style-type: none"> • Licensed Physical Therapist Asst. • Adaptive Fitness Specialist • 20 Years experience • Adaptive Fitness Course Author & Presenter • PFP & Medical Fitness Pro of the year nominee 2019 	<p><u>Robby Febo</u></p> <ul style="list-style-type: none"> • Adaptive Fitness Specialist • Medical Fitness Professional of the year 2022 (Runner-up) • Adaptive Fitness Course Author & Presenter • 7+ Years experience
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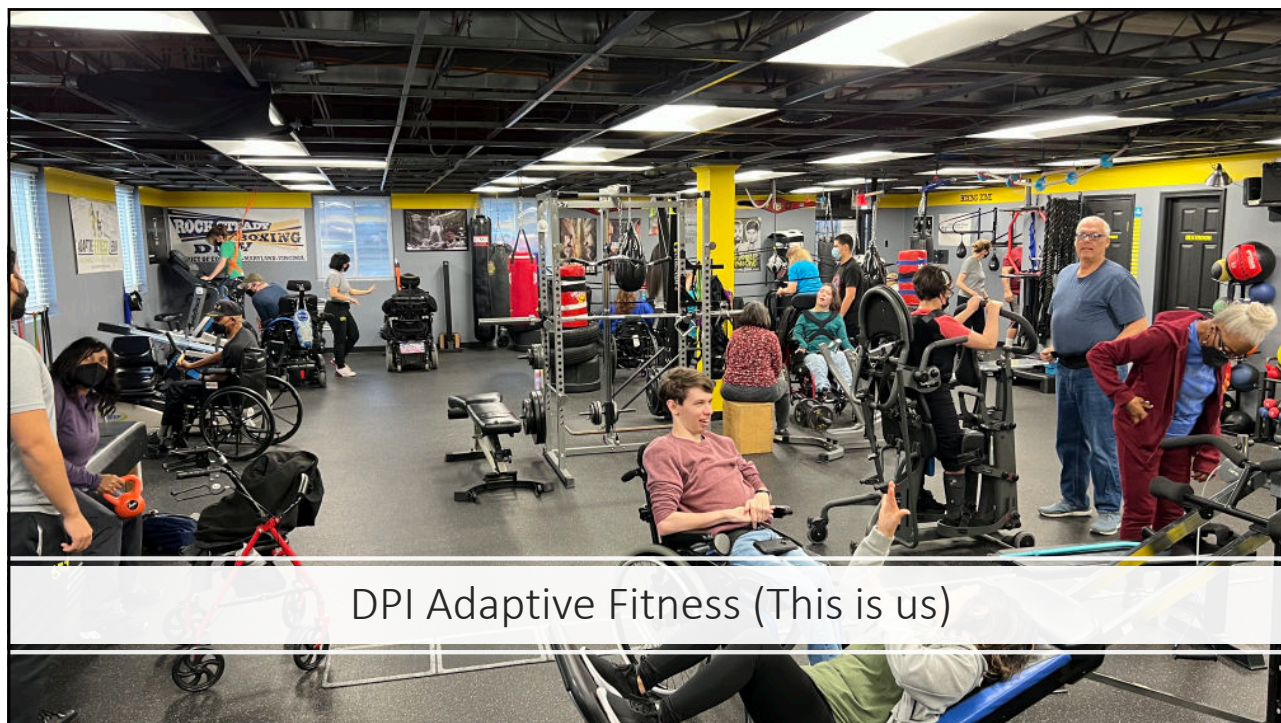


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DPI Adaptive Fitness (This is us)

3



DPI Adaptive Fitness (This is us)

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(Disclaimer) Important factors that will not be covered today


- Understanding what adaptive fitness is
- Who can benefit from adaptive fitness
- Understanding risks as well as benefits of adaptive fitness for a variety of neurological/medical diagnosis
- In depth understanding of SCI, Stroke, and other diagnosis
- Transfer training & guarding techniques
- Adaptive Fitness equipment, accessories, and more...

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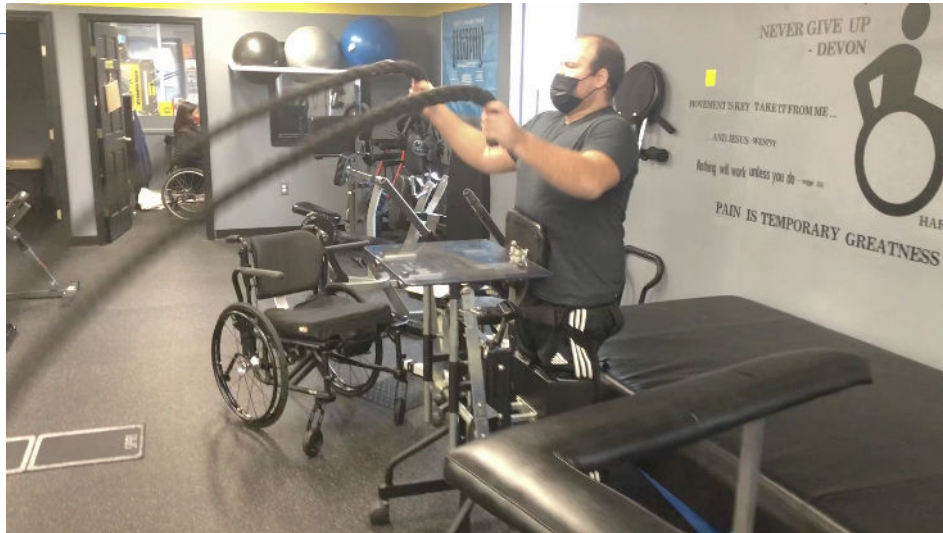


Overview of today's workshop

- Identify best practices for adaptive fitness for Neuro Recovery
- Identify adaptive fitness for health, wellness, function & sport
- Understand inclusive group workouts with safe adaptive options
- Recognize importance of the role fit pro's have in adaptive fitness

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The Impact Adaptive Fitness Programming can have



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Adaptive Fitness 1:1 Neuro recovery sessions (30 min)

Rick

- Sit to stands (assisted)
- Transitions from sit to kneeling
- Tall Kneeling
- ½ Kneeling
- Transitions from kneel to sit
- Braced standing

Leo/Edgar

- Walking Frame
- Blaze pod reaction lights
- Boxing for balance & stabilization
- Resisted walking in frame
- Crawling

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Adaptive Fitness-Health, Wellness, Functional Movement and more.... (30 Min)

Joanna

- Postural awareness & strength
- Trunk balance and stability
- Upper body strength for ADL's
- Boxing!!!

Kelley

- Postural awareness & strength
- Trunk balance & stability
- Upper body strength for ADL's
- Boxing!!!

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Group adaptive fitness (30 Min)

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Adaptive Fitness Impact statements (10 Min)

- Rick (SCI)
- Leo/Edgar (SCI)
- Joanna (Transverse Myelitis)
- Kelley (SCI)
- Group Class Participants (Cerebral Palsy, Multiple Sclerosis, SCI)



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www.medfitclassroom.org

- **Adaptive Fitness Specialist**
- **Alzheimer's Disease Fitness Specialist**
- **Arthritis Fitness Specialist**
- Autism Spectrum Disorder (ASD) Fitness Specialist
- **Cancer Exercise Specialist (via CETI)**
- Cardiac Rehab Fitness Specialist
- **Type 2 Diabetes Fitness Specialist**
- **And many more...**

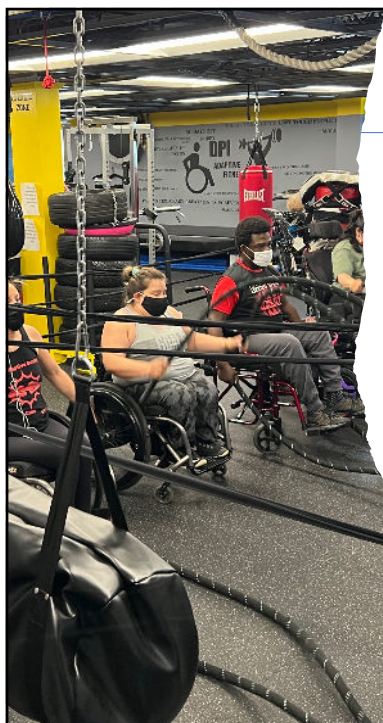
Current and Upcoming Specialist Courses
Blue = course currently available

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Contact us/ Questions

Email:

Dpiadaptivefitness@gmail.com

Website:

www.dpiadaptivefitness.com

Adaptive Fitness Specialist Course:

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