

FORM 5.8 Exercise Demonstration Model Checklist

1. Predemonstration

- ☐ Set climate by making client feel comfortable and being receptive and responsive.
- ☐ Provide overview by explaining the purpose of this session and what is to happen in this session.
- ☐ Determine client's background and experience by asking, "Have you done this exercise before?" "Have you used this type of equipment before?" "What was your experience?"
- ☐ Clarify purpose of exercises by explaining the specific muscles used (major prime movers) and relevance to stated needs and wants.
- ☐ Encourage the client to ask questions and provide input.

2. Demonstration

- ☐ Provide precise and appropriate verbal instructions.
- ☐ Position client appropriately to watch demo.
- ☐ Provide clear physical demonstration (4-6 reps before client trial).
- ☐ Ensure that overall technical execution was smooth and confident.
- ☐ Ensure beginning position alignment and proper grip.
- ☐ Isolate the movement (i.e., no compensation or inappropriate movements).
- ☐ Stabilize the pelvis and key joints.
- ☐ Ensure that terminal points of range of motion were appropriate.
- ☐ Demonstrate safety, including controlled breathing and no Valsalva maneuver.
- ☐ Demonstrate safety, including controlled speed and no momentum at the end of the range of motion.
- ☐ Ensure efficient use of time with descriptions and explanations.

3. Client trials

- ☐ Set client up by positioning and alignment.
- ☐ Select appropriate weight (moderately difficult).
- ☐ Ensure trial safety by controlling breathing, momentum, and plane of movement and ensuring no joint locking.
- ☐ Ensure effective spotting by being in position to observe and assist with starting and finishing positions.
- ☐ Have client execute a full set.
- ☐ Provide feedback to the client, which may include providing specific information and monitoring, focusing on behavior and not the person, correcting one aspect at a time, and being positive and helpful (providing success).
- ☐ Demonstrate verbal skills such as cueing during execution, paraphrasing, summarizing, and questioning.
- ☐ Demonstrate nonverbal skills such as using correct body position, being engaged, providing eye contact, and ignoring distractions.

4. Follow-up

- ☐ Obtain feedback from client by asking how it felt (i.e., awkward, comfortable, difficult) and encouraging the client to ask questions and provide input.
- ☐ Demonstrate active listening skills by responding to feedback.
- ☐ Provide prescription guidelines (including weight, reps, and sets, or frequency, intensity, time, and type) that integrate and interpret information from client trial.
- ☐ Suggest a method of progression or encourage self-monitoring and assessment.
- ☐ Provide a modification on request (problem solving).