

1 Rep Max Living: What is it & What you can do about it

Do you ever wonder how your clients are doing in their community or at home? We may think some of our clients are doing just fine but in reality, they may be struggling to meet the demands of what it takes to maintain independence. This can be a rather dangerous scenario and can often be urgent. We call this scenario One-Rep Max Living - when one's maximum capacity is near or below the demands of life. This interactive session will dive into the concept of One-Rep Max Living with a focus on methods to identify, intervene, and help our clients avoid this scenario. Attendees will walk away with effective screening techniques, scalable methods to increase patients' capacities, and strategies to create long term change in their clients.

Objectives

- 1 - Implement an effective screening process to identify one-rep max living.
- 2 - Distinguish which deficits are of greatest importance to address within your training plan.
- 3 - Execute an effective training plan to increase one's capacity, even in the midst of medical complexity.

4 - Develop effective programs to promote long term change to help patients avoid one-rep max living.

About Dr. Dustin Jones



Dustin is a Physical Therapist and Board Certified Geriatric Specialist. He also has a background in sports and orthopedics. He received his Doctorate of Physical Therapy in 2011 from the University of Kentucky. Dustin is a board certified Geriatric Certified Specialist (GCS) and CrossFit

Level 1 Trainer (CF-L1). He blends his sports & geriatrics background to help older adults improve their lives at [StrongerLife](#) in Lexington, KY.

"He teaches the [Modern Management of the Older Adult Curriculum with the Institute of Clinical Excellence](#) alongside Christina Prevett. Dustin is also the creator of [GEROS Health](#) which has been a key voice in shifting attention towards elevating the quality of care, and more specifically, the intensity of care, that we deliver to aging adults."

About Christina Prevett



Christina finished her Masters of Physiotherapy at McMaster University, graduating in 2013. She is a believer in the strength of exercise for rehabilitation, especially with older adults. This passion led her to begin her PhD in 2015 in the Faculty of Health Sciences at McMaster University under the supervision of Dr. Ada Tang. Her doctoral studies look at the utilization of strength training principles for healthy aging and prevention of disability. She obtained her Certified Strength and Conditioning Specialist (CSCS) accreditation through the National Strength and Conditioning Association (NSCA) in 2014. She interned at McMaster University in Strength and Conditioning. She was a member of the medical staff at the 2015 Pan Am Games in Toronto, ON. Christina teaches internationally on physiotherapy and exercise for the older adult. Her course, Modern Management of the Older Adult with Dustin Jones through the Institute of Clinical Excellence

helps therapists provide quality care to their older clients. Christina is a mom of Mya, a fur mom of Boomer and Bailey and is a national level weightlifter competing in the 64 and 71 kg weight classes

