

# Contents

Contributors	xi
Preface	xv
Acknowledgments	xvii

## Part I Introduction to Clinical Exercise Physiology 1

### Chapter 1 Introduction 3

Jonathan K. Ehrman, PhD, Paul M. Gordon, PhD, MPH, Paul S. Visich, PhD, MPH,  
and Steven J. Keteyian, PhD

The Past, Present, and Future of Clinical Exercise Physiology . . . . .	3
Professional Organizations and Certifications Throughout the World . . . . .	10
Professionalization of Clinical Exercise Physiology . . . . .	13
Conclusion. . . . .	18

### Chapter 2 Behavioral Approaches to Physical Activity Promotion 19

Gregory W. Heath, DHSc, MPH

Benefits of Physical Activity . . . . .	19
Participation in Regular Physical Activity . . . . .	21
Conclusion. . . . .	30

### Chapter 3 General Principles of Pharmacology 33

Steven J. Keteyian, PhD

General Properties of Drugs . . . . .	33
Pharmacotherapy . . . . .	36
Conclusion. . . . .	42

### Chapter 4 General Interview and Examination Skills 45

Quinn R. Pack, MD

General Interview . . . . .	45
Physical Examination . . . . .	50
Conclusion. . . . .	58

### Chapter 5 Graded Exercise Testing and Exercise Prescription 61

Steven J. Keteyian, PhD

Exercise Testing . . . . .	61
Exercise Prescription . . . . .	76
Conclusion. . . . .	86



## Part II Endocrinology and Metabolic Disorders

89

### Chapter 6 Diabetes 91

Ann L. Albright, PhD

Definition . . . . .	91
Scope . . . . .	91
Pathophysiology . . . . .	92
Clinical Considerations . . . . .	96
Exercise Prescription . . . . .	101
Exercise Training . . . . .	108
Conclusion . . . . .	111

### Chapter 7 Obesity 113

David C. Murdy, MD, and Jonathan K. Ehrman, PhD

Definition . . . . .	113
Scope . . . . .	114
Pathophysiology . . . . .	117
Clinical Considerations . . . . .	120
Exercise Prescription . . . . .	128
Exercise Training . . . . .	132
Conclusion . . . . .	133

### Chapter 8 Hypertension 137

Aashish S. Contractor, MD, MEd, Terri L. Gordon, MPH, and Neil F. Gordon, MD, PhD, MPH

Definition . . . . .	137
Scope . . . . .	138
Pathophysiology . . . . .	139
Clinical Considerations . . . . .	139
Exercise Prescription . . . . .	145
Exercise Training . . . . .	148
Conclusion . . . . .	150

### Chapter 9 Hyperlipidemia and Dyslipidemia 155

Peter W. Grandjean, PhD, Benjamin Gordon, MS, Paul G. Davis, PhD, and J. Larry Durstine, PhD

Definition . . . . .	155
Scope . . . . .	158
Pathophysiology . . . . .	160
Clinical Considerations . . . . .	162
Exercise Prescription . . . . .	168
Exercise Training . . . . .	171
Conclusion . . . . .	173

### Chapter 10 Metabolic Syndrome 177

Mark D. Peterson, PhD, and Paul M. Gordon, PhD, MPH

Definition . . . . .	177
Scope . . . . .	178
Pathophysiology . . . . .	182
Clinical Considerations . . . . .	185
Exercise Prescription . . . . .	188
Exercise Training . . . . .	192
Conclusion . . . . .	194



**Chapter 11 End-Stage Renal Disease 197**

Samuel Headley, PhD, and Michael Germain, MD

Definition . . . . .	197
Scope . . . . .	197
Pathophysiology . . . . .	198
Clinical Considerations . . . . .	198
Exercise Prescription . . . . .	204
Exercise Training . . . . .	209
Conclusion . . . . .	210

**Part III Cardiovascular Diseases 213****Chapter 12 Acute Coronary Syndromes: Unstable Angina Pectoris and Acute Myocardial Infarction 215**

Ray W. Squires, PhD

Scope . . . . .	215
Pathophysiology . . . . .	215
Clinical Considerations . . . . .	220
Exercise Prescription . . . . .	229
Exercise Training for Overweight Coronary Patients . . . . .	232
Conclusion . . . . .	234

**Chapter 13 Revascularization of the Heart 239**

Mark A. Patterson, MEd

Definition . . . . .	239
Scope . . . . .	239
Pathophysiology . . . . .	240
Clinical Considerations . . . . .	241
Exercise Prescription and Training . . . . .	245
Conclusion . . . . .	254

**Chapter 14 Chronic Heart Failure 259**

Steven J. Keteyian, PhD

Definition . . . . .	259
Scope . . . . .	259
Pathophysiology . . . . .	259
Medical and Clinical Considerations . . . . .	261
Exercise Prescription . . . . .	268
Exercise Training . . . . .	273
Conclusion . . . . .	275

**Chapter 15 Peripheral Artery Disease 277**

Ryan J. Mays, PhD, Ivan P. Casserly, MB, BCh, and Judith G. Regensteiner, PhD

Definition . . . . .	277
Scope . . . . .	277
Pathophysiology . . . . .	278
Clinical Considerations . . . . .	278
Exercise Prescription . . . . .	289
Exercise Training . . . . .	291
Conclusion . . . . .	293



**Chapter 16 Cardiac Electrical Pathophysiology 297**

Kerry J. Stewart, EdD, and David D. Spragg, MD

Definition . . . . .	297
Scope . . . . .	297
Pathophysiology . . . . .	298
Clinical Considerations . . . . .	300
Exercise Prescription and Training . . . . .	305
Conclusion . . . . .	312

**Part IV Diseases of the Respiratory System 315****Chapter 17 Chronic Obstructive Pulmonary Disease 317**

Ann M. Swank, PhD, and N. Brian Jones, PhD

Definition . . . . .	317
Scope . . . . .	318
Pathophysiology . . . . .	318
Clinical Considerations . . . . .	320
Exercise Prescription . . . . .	326
Exercise Training . . . . .	327
Conclusion . . . . .	333

**Chapter 18 Asthma 337**

Brian W. Carlin, MD

Definition . . . . .	337
Scope . . . . .	337
Pathophysiology . . . . .	337
Clinical Considerations . . . . .	339
Exercise Prescription . . . . .	343
Exercise Training . . . . .	345
Conclusion . . . . .	347

**Chapter 19 Cystic Fibrosis 351**

Michael J. Danduran, MS, and Julie Biller, MD

Definition . . . . .	351
Scope . . . . .	351
Pathophysiology . . . . .	351
Clinical Considerations . . . . .	353
Exercise Prescription . . . . .	362
Exercise Training . . . . .	369
Conclusion . . . . .	373

**Part V Oncology and the Immune System 377****Chapter 20 Cancer 379**

Dennis J. Kerrigan, PhD, John R. Schairer, DO, and Lee W. Jones, PhD

Definition . . . . .	379
Scope . . . . .	379
Pathophysiology . . . . .	380
Medical and Clinical Considerations . . . . .	385
Exercise Prescription . . . . .	388
Exercise Training . . . . .	392
Conclusion . . . . .	394



**Chapter 21 Human Immunodeficiency Virus 397**

Edward Archer, PhD, MS, Helmut Albrecht, MD, and Gregory A. Hand, PhD, MPH

Definition . . . . .	397
Scope . . . . .	398
Pathophysiology . . . . .	398
Clinical Considerations . . . . .	400
Exercise Prescription . . . . .	404
Exercise Training . . . . .	406
Conclusion . . . . .	413

**Part VI Disorders of the Bone and the Joints 417****Chapter 22 Arthritis 419**

Andrew B. Lemmey, PhD

Definition . . . . .	419
Scope . . . . .	419
Pathophysiology . . . . .	420
Clinical Considerations . . . . .	421
Exercise Prescription . . . . .	428
Exercise Training . . . . .	437
Conclusion . . . . .	443

**Chapter 23 Osteoporosis 447**

David L. Nichols, PhD, and Andjelka Pavlovic, MS

Definition . . . . .	447
Scope . . . . .	447
Pathophysiology . . . . .	448
Clinical Considerations . . . . .	448
Exercise Prescription . . . . .	452
Exercise Training . . . . .	456
Conclusion . . . . .	457

**Chapter 24 Nonspecific Low Back Pain 461**

Jan Perkins, PT, PhD, and J. Tim Zipple, PT, DSc

Definition . . . . .	461
Scope . . . . .	462
Pathophysiology . . . . .	462
Clinical Considerations . . . . .	463
Exercise Prescription and Training . . . . .	471
Conclusion . . . . .	482

**Part VII Selected Neuromuscular Disorders 487****Chapter 25 Spinal Cord Injury 489**

David R. Gater, Jr., MD, PhD, and Stephen F. Figoni, PhD, RKT

Definition . . . . .	489
Scope . . . . .	489
Pathophysiology . . . . .	490
Clinical Considerations . . . . .	494
Exercise Prescription and Training . . . . .	502
Exercise Training . . . . .	505
Conclusion . . . . .	509



**Chapter 26 Multiple Sclerosis** 511

Linda H. Chung, PhD, and Jane Kent-Braun, PhD

Definition . . . . .	511
Scope . . . . .	511
Pathophysiology . . . . .	512
Clinical Considerations . . . . .	512
Exercise Prescription . . . . .	517
Exercise Training . . . . .	522
Conclusion . . . . .	524

**Chapter 27 Cerebral Palsy** 529

Amy E. Rauworth, MS, and James H. Rimmer, PhD

Definition . . . . .	529
Scope . . . . .	530
Pathophysiology . . . . .	530
Clinical Considerations . . . . .	530
Exercise Prescription . . . . .	550
Exercise Training . . . . .	551
Conclusion . . . . .	556

**Chapter 28 Stroke** 559

Christopher J. Womack, PhD

Definition . . . . .	559
Scope . . . . .	559
Pathophysiology . . . . .	561
Clinical Considerations . . . . .	561
Exercise Prescription . . . . .	564
Exercise Training . . . . .	566
Conclusion . . . . .	567

**Part VIII Special Populations** 571**Chapter 29 Children** 573

Timothy J. Michael, PhD, and William A. Saltarelli, PhD

Definition . . . . .	573
Scope . . . . .	573
Clinical Considerations . . . . .	573
Exercise Prescription . . . . .	578
Exercise Training . . . . .	579
Conclusion . . . . .	582

**Chapter 30 Aging** 589

Daniel E. Forman, MD, and Jerome L. Fleg, MD

Definition . . . . .	589
Scope . . . . .	589
Pathophysiology . . . . .	590
Clinical Considerations . . . . .	592
Exercise Prescription . . . . .	597
Exercise Training . . . . .	600
Conclusion . . . . .	602



**Chapter 31 Depression 605**

Krista A. Barbour, PhD, Benson M. Hoffman, PhD, and James A. Blumenthal, PhD

Definition . . . . . 605  
 Scope . . . . . 605  
 Pathophysiology . . . . . 606  
 Clinical Considerations . . . . . 607  
 Exercise Prescription and Training . . . . . 612  
 Conclusion . . . . . 615

**Chapter 32 Intellectual Disability 617**

Bo Fernhall, PhD, and Tracy Baynard, PhD

Definition . . . . . 617  
 Scope . . . . . 617  
 Pathophysiology . . . . . 618  
 Clinical Considerations . . . . . 620  
 Exercise Prescription . . . . . 624  
 Exercise Training . . . . . 626  
 Conclusion . . . . . 629

Glossary 633

References 655

Index 741

About the Editors 757