

WCPT - Webinar - Online Educational Session Autumn 2017

Strength training in disease management and rehabilitation

Presenter:

**Dr. Arto Hautala, Adjunct Professor in Physiotherapy,
University of Oulu, Finland
Director, Research & Education, HUR Oy**

Date: 5.12.2017

Time: 12:00 AM-13:00 Noon: Finland Time,
Eastern European Time (EET), GMT+3



Link: <https://zoom.us/j/6628338890>

The session will be recorded so if you are not able to view it at the scheduled time, a link will be posted on the WCPT website two days following this presentation so that you may view the video recording.

Purpose:

This presentation aims to provide the latest scientific based evidence using exercise as medicine in cardiometabolic diseases with special reference to strength training.

Objectives:

- 1. To update the role of strength training** in international guidelines in prevention and disease management of hypertension, type 2 diabetes and coronary artery diseases.
- 2. To recall physiological mechanisms** behind using exercise as medicine in cardiometabolic diseases.
- 3. To discuss the use of intelligent technology** in disease management and rehabilitation process.

Biography:

Arto is an adjunct professor in physical therapy and he has been working almost 20 years in the research group of cardiology (University of Oulu, Finland) studying individual exercise training induced responses and cardiovascular autonomic function on various health-related outcomes in several populations such as type 2 diabetic and coronary artery disease patients. At the present, he works as a director of research and education at HUR Oy and holds a senior scientist position in the University of Oulu. He is also a chair in the working group planning Finnish Current Care guideline for exercise-based cardiac rehabilitation and expert appointed by the Finnish Medical Society Duodecim and the Executive Board of Current Care for the Finnish guideline of physical activity and exercise training.