The Otago Exercise Program and Covid-19: Guidance for Program Delivery

To all healthcare providers, fitness professionals, and trained community providers who support older adults in the Otago Exercise Program,

All healthy older adults should continue participation in the Otago Exercise Program, as long as participation is done in the individual’s home.

Given the social distancing measures in place, it is recommended that individuals stop participation in group or community OEP classes and continue their exercise program in their homes. Participants can virtually support each other’s participation in the program, track progress, and share successes.

Participants can perform their OEP exercises three times a week and walk (in the appropriate location) three times a week for up to thirty minutes.

Participants should share their progress with the physical therapist who prescribed the program or the fitness professional or community provider who is supporting participation in the program. Participants should check in with their PT or provider before progressing the exercises.

Due to recent changes in Medicare Telerehabilitation reimbursement practices, Physical Therapists can perform virtual visits with OEP participants to assess and progress individuals in the program as part of a physical therapy plan of care.

For those exercising at home, there are several resources to support your efforts:

1. Demonstration videos of the strength exercises
2. Demonstration videos of the balance exercises
3. Example Otago Exercise Program Videos – These are a series of 4 videos (20-30 minutes each) that lead participants through an Otago Program including warm up, strength, and balance exercises

Be Well!

The Otago Exercise Program