Dr. Marilyn Moffat, professor of physical therapy at the University of New York (NYU), President of the World Confederation for Physical Therapy (WCPT) was invited by the Physical Therapy Department at the American University of Beirut Medical to provide a two-hour workshop titled “Evidence-based exercise prescription—are we pushing hard enough?”

Dr. Moffat presented the basics of exercise prescription in relation to exercise parameters, endurance and strength training as described by the best current evidence, followed by a review of the practical application and patients response in a variety of diseases like stroke, COPD, osteoarthritis, rheumatoid arthritis, osteoporosis, low back pain, joint replacement, multiple sclerosis and Parkinson’s disease.

In addition to the physical therapists working at AUBMC, physical therapists practicing in teaching hospitals and those in the academic field were invited to attend. All attendees praised the academic and clinical value of the information provided by Dr. Moffat specifically that the lecture had also practical demonstration of the new approaches.