

Integrated Clinical Experience (ICE) Planned Learning Experience (PLEX)

Exercise Prescription

Objectives	Description of Learning Experience	Resources and Time to Complete
1. Connect examination findings, anatomy and exercise prescription in the development of a plan of care 2. Identify impairments or areas of specific weakness that could be addressed with therapeutic exercise	1. CI will identify a patient who requires a new or updated exercise program focusing on activation of weak musculature. 2. Students will observe CI evaluate patient or review chart for information. Based on observed or learned exam findings, students will devise a short exercise program to focus on areas of weakness that includes all components of an exercise prescription 3. Students and CI will then discuss and provide rationale for exercises chosen, based on knowledge of anatomy and pathology.	Resources: Foundations of Intervention II content related to therapeutic exercise Time to complete: 40 min - Chart review or observation of patient exam: 15 min - Development of exercise program: 10 min - Discussion: 15 min