

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

### Exercise Prescription

Objectives	Description of Learning Experience	Resources and Time to Complete
<ol style="list-style-type: none"> <li>1. Connect examination findings, anatomy and exercise prescription in the development of a plan of care</li> <li>2. Identify impairments or areas of specific weakness that could be addressed with therapeutic exercise</li> </ol>	<ol style="list-style-type: none"> <li>1. CI will identify a patient who requires a new or updated exercise program focusing on activation of weak musculature.</li> <li>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</li> <li>3. Students and CI will then discuss and provide rationale for exercises chosen, based on knowledge of anatomy and pathology.</li> </ol>	<p><b>Resources:</b> Foundations of Intervention II content related to therapeutic exercise</p> <p><b>Time to complete: 40 min</b></p> <ul style="list-style-type: none"> <li>- Chart review or observation of patient exam: 15 min</li> <li>- Development of exercise program: 10 min</li> <li>- Discussion: 15 min</li> </ul>