Integrated Clinical Education – Planned Learning Experience (PLEX)

Plex #: 6	Plex Title: Resistance Exercise Prescription	Date created: 10/29/2013

ICE Week/Number

- ☐ ICE I- Week I
- ☑ ICE I- Week 2
- ☑ ICE II

Continuum of Care

- ☑ IP Acute/ICU
- ☑ IP Rehab
- ☑ Outpatient
- ☐ School
- ☐ Not Setting Specific

Patient Management Component

- ☑ Exam/Eval
- ☐ Dx/Prognosis
- ☐ Plan of Care
- ☑ Intervention
- ☐ Outcomes

Curricular Thread

- ☑ Quality Improvement and Safety
- ☑ Patient Centered Care
- ☐ Movement for Participation
- ☐ Teamwork and Collaboration
- ☑ Clinical Reasoning and Evidence Based Practice

Brief Description of the Planned Learning Experience:

Students will develop specific resistance exercises to target muscle impairments found on examination.

Objectives	Description of Actual Learning Experience	Anticipated time to complete	Recommended Preparation or Readings
1. Students will be able to link examination findings to specific muscle impairments. 2. Students will be able to identify appropriate resistance exercises that address impairments. 3. Students will realize importance of considering patient presentation and overall goals of care when prescribing exercise program.	1. Students will identify specific muscle impairments during patient examination. 2. Students will propose 2-3 resistance exercises that address impairments and other aspects of patient presentation. 3. CI and students will discuss proposed exercise program, addressing appropriateness based on specific impairments and goals of care. 4. If appropriate, exercise program will be implemented with patient by students.	1. Identification of muscle impairments by students: 10-15 minutes (varies based on patient) 2. Development of exercise program: 10-15 minutes 3. CI/Student discussion: 10-15 minutes 4: Implementation of exercise program: 15-20 minutes Total: approximately 60 min (variable)	1. Material from Foundations of Intervention I and II 2. Material from Movement Science I 3. Textbook Kisner C, Colby LA. Therapeutic Exercise: Foundations and Techniques, 6th ed. Philadelphia: FA Davis, 2012.