

Motor Activity Clinic Activity Plan #2

Name of Client:

Name of IUPUI Student: Carly McCawley

Date:10/1/24

Overall Goals & Objectives of Activity Plan

The objective of this activity plan is to utilize the information we learned from his preassessment to determine a good starting point for the client. We will design an activity program that works on building the client's strength, general health, and balance by strengthening the core.

Behavior Issues that will be addressed:

I will work to keep the client engaged and keep him from losing interest.

Warm-up (Before exercises)

Dynamic warm-up:

Leg Swings (4 swings per leg) (Mod: can hold on to wall or can do toe taps instead)

-Neutral position: standing with hands on hips, feet together

-Swing your leg forward at the hip and then swing it back

-That is 1 rep. Switch legs.

Arm circles (10 secs forward:10 secs backward)(Mod: do one arm at a time)

Arm swings (5 alternating reps)(Mod: take the swing out of it and just reach your arm across your body)

-Have arms out to the side, swing your arms across your body to the opposing side, overlapping your arms in the process.

-Switch which arm goes on top each rep

Cool down (After exercises)

Static Stretch:

Behind the head stretch (10 secs each side)(Mod: hold for shorter time)

-Reach one arm up and over your head so that you can touch the opposite shoulder blade. Grab the elbow with the other arm to hold in position.

Toe touches (2 reps of reaching as far down as he can holding it for 5 seconds) (Mod: hinge forward but don't reach for the toes)

-From a standing position, hinge at the waist and try to touch your toes

Chest stretch (2 reps: 10 sec holds each side)(Mod: simply open up your chest and push your arms back as far as they can go until you feel a stretch)

-Find a wall, extend your arm out to the side and place it against the wall. Lean into the wall until you feel a stretch in your chest.

Activity Plan Grade:

Activity #1	Walk		
Objective/ Purpose of Activity	The purpose of this activity is to help improve the client's heart health and aerobic capacity with a low intensity exercise.		
Activity Description	The walk will be performed on the track in NIFS. The start line of lane 1 will be our starting point. The client will then walk in his lane until he has completed 4 laps (1/2 mile) of the track. Record the time.		Measurement Time it took The client to complete 4 laps If not all 4 laps are completed, record # of laps completed and time BORG scale
Modification (Adaptations OR Progressions)	Task	S-If 4 laps is too far and challenging for the client we'll complete as many laps as we can and then record the time and number of laps completed.	Equipment Track w/ marked lanes Timer
		R-N/A	
		C-N/A	
	Person	S- If The client is bored or struggles to pay attention, I will talk with him before and during his walk to keep encouraging him.	
		R- I could walk the 4 laps with The client so he has a companion with him. He'll have that added encouragment of someone doing it with him.	
		C-I'll create a playlist for The client to listen to while walking on the track because he loves music and he's not very chatty	
	Environment	S- If the track proves to be too crowded/over-stimulating we may move over to the treadmill to complete his walk. The client would attach the safety clip to himself and proceed to walk on the treadmill at whatever speed he deems he's capable of accomplishing without going too hard (roughly 3 mph). He'll attempt to walk a 1/2 mile while on the treadmill instead of the track.	

Activity Plan Grade:

		R-N/A	
		C-N/A	
Notes/ Observations			
Future Plans			

Activity #2	Bird Dog		
Objective/ Purpose of Activity	The purpose of this exercise is to strengthen the client's core to help improve his balance. Due to The client's replaced hip, he sometimes struggles with his balance and a strengthened core would help stabilize him and perhaps make it easier for him to walk.		
Activity Description	To start, The client will get on his hands and knees. His knees should be directly below his hips with his lower legs extended behind him and his hands under his shoulders. He should raise his knees off the ground and be on his toes. His back should be completely flat and keep a neutral neck (looking at the ground) as well. He should engage his core by taking a deep breath and bracing his abdominal muscles (imagine he's trying to stick his stomach out as far as he can). He should continue to breathe, while his core is braced. While his core is braced, the client should raise his right arm to be in line with his back and his left leg simultaneously. He should slowly lower them back down and repeat the movement with the opposing limbs. His spine should remain neutral the entire time. This should be done for 2 sets of 6 reps on each side.		Measurement # of sets and reps completed Good form (tight core, neutral spine, stacked hips and shoulders, coordinated alternations between limbs)
Modification (Adaptations OR Progressions)	Task	S-If lifting his arms and/or legs proves to be too challenging, the client can get into the quadruped position. Once in that position, he should lift his knees off the ground while on his toes and hold the quadruped position for 10 seconds for 6 sets. R-If lifting his arms and legs proves too difficult, the client may choose to lift one limb at a time. Once he's raised each limb, he's completed one rep. C- If performing the exercise on his toes with his knees off the ground is what makes the exercise too difficult, The	Equipment Open space Mat?

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		client may follow the same procedure as described above but with his knees on the ground.	
	Person	S- I will give him words of encouragement to keep him engaged.	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C-I will demonstrate the exercise so that The client can visualise what I'm trying to have him do.	
	Environment	S- If the hard ground hurts his hands and knees, we can move to the mats by the desk.	
		R- We can go to the dance studio if the environment is too loud and overstimulating.	
		C- We can find a quiet and less crowded section of NIFS to complete this assessment.	
Notes/ Observations			
Future Plans			

Activity #3	Dumbbell Shoulder Press		
Objective/ Purpose of Activity	The purpose of this exercise is to increase the client's upper body strength, more specifically his shoulders. This will also help teach the client how to stabilize his core while doing the exercise.		
Activity Description	The client will stand with his feet a little narrower than shoulder width apart. He will brace his core (see instructions in previous activity). After picking an appropriate weight dumbbell, he will take one in each hand (pronated grip) and raise his arms so that they're parallel with the floor and his forearms run perpendicular. His wrists should be stacked above his elbows. His elbows should be slightly in front of his body at a 45-degree angle. He will then press the weight up until his arms are near his ears and then slowly the weight back down. This should be done for 3 sets of 10 reps.		Measurement Wt x Reps x Sets completed Good form (engaged core, stacked wrists, 45-degree angle from body, full ROM)
Modification (Adaptations OR Progressions)	Task	S- The client may perform this exercise with no weight if the weights are all too heavy.	Equipment Dumbbells
		R- We could use a very long and very light resistance band to complete this exercise. The client could place the	

Activity Plan Grade:

		band under his feet and then also hold it in his hands. He would then follow the exact same procedure as described above but with the resistance band instead.	Potentially a resistance band or adjustable bench
		C-If The client struggles to remain stable while performing this exercise while standing, the client may use an adjustable bench. Bring the back of the bench all the way up so the client has support.	
	Person	S- I will give him words of encouragement to keep him engaged	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C- We can listen to some music while we do this to help keep The client's attention	
	Environment	S- We can go to the dance studio if the environment is too loud and overstimulating.	
		R- We can find a quiet and less crowded section of NIFS to complete this assessment.	
		C-N/A	
Notes/ Observations			
Future Plans			

Activity #4	Hammer Curls	
Objective/ Purpose of Activity	The objective of this exercise is to strengthen the client's arms, specifically his brachioradialis and brachialis. The client seemed to struggle with traditional bicep curls so I'd like to see if having a different grip on the dumbbells would help.	
Activity Description	The client will select an appropriate weight (dumbbell). The client will stand with his arms down by sides with his wrists facing inward. The client should engage his core by taking a deep breath and bracing his abdominal muscles (imagine he's trying to stick his stomach out as far as he can). He should continue to breathe, while his core is braced. The client will keep his elbows tight against his sides and should begin the bicep curl. He will bring his wrists all the way up until	Measurement # of weight, reps, and sets completed Good form (elbows close to his sides, slow and controlled)

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	forearm is touching his bicep. He should then return the weight back to the starting position. This should be done for 3 sets of 10 reps.		eccentric and concentric movement)
Modification (Adaptations OR Progressions)	Task	S- The client may perform this exercise with no weight if the weights are all too heavy.	Equipment Dumbbells Potentially a bench if he needs extra stability
		R- If The client doesn't have full ROM, he could do half of a hammer curl. He should have his arms come up so that his forearms run parallel to the ground.	
		C- The client may perform this exercise while seated to help him maintain balance. If he chooses to do the exercise seated, bring the bench all the way up so The client has a flat back to lean against.	
	Person	S- I will give him words of encouragement to keep him engaged	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C- We can listen to some music while we do this to help keep The client's attention	
	Environment	S- We can go to the dance studio if the environment is too loud and overstimulating.	
		R- We can find a quiet and less crowded section of NIFS to complete this assessment.	
		C- N/A	
	Notes/ Observations		
Future Plans			

Activity #5	Chest Press Machine
Objective/ Purpose of Activity	The objective of this exercise is to strengthen the client's upper body. This will work the client's pectoral muscles and front deltoids. This exercise will give the client more stability and structure.

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Activity Description	Select an appropriate weight to be placed on the machine. The client will sit in the chest press machine. Back flat against the back rest, he will place his hands on the handlebars. His elbows should be close to his sides, no flared elbows. When The client is ready, he may begin pushing the weight up by extending his arms. He should then slowly release the weight back down. That is one rep. Do this for 3 sets of 12 reps.		Measurement # of weight, reps, and sets completed Good form (flat back, elbows close to sides)
Modification (Adaptations OR Progressions)	Task	S-The client may perform a wall push-up to engage the same muscles if the chest press machine is too heavy. He needs to have a straight body, and his hands placed slightly wider than shoulder width. He should slowly lower himself against the wall and push back up.	Equipment Chest press machine Potentially a wall or resistance band
		R-We could use a resistance band to create a chest press exercise. I could find a long and light resistance band and attach it at about chest height to something like a rack. The client would stand inside the band but facing away from the point of attachment. He should place the resistance band in each hand with his hands up, next to his chest, elbows next to his sides. He should then begin to push the resistance band away from his body, extending his arms parallel to the ground. He should slowly bring his arms back to his chest.	
		C-The client can perform this activity but with no weight on the machine. This would be a great opportunity for The client to work on his technique with low risk of injury.	
	Person	S- I will give him words of encouragement to keep him engaged	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C- We can listen to some music while we do this to help keep The client's attention	
	Environment	S- We could come back to the chest press machine later if there are too many people around causing him to feel overwhelmed	
		R- We could switch to a resistance band or the wall push up and find a quieter part of the gym that still has a bar we can attach the resistance band to	

Activity Plan Grade:

		C-N/A	
Notes/ Observations			
Future Plans			

Activity #6	Good Mornings		
Objective/ Purpose of Activity	The objective of this activity is to strengthen The client's posterior chain, specifically his erector muscles, glutes, and hamstrings.		
Activity Description	The client will select an appropriate weight to add to a barbell. This barbell should be in a rack with the bar height set to be even with the client's shoulders. The client will then step under the bar and place his hands on the bar a little outside of his shoulders. The bar should rest across the top of his traps and shoulders. He will then unrack the weight and take a few steps back. Standing with feet shoulder width apart, the client will begin the movement by hinging at the hips. This means the client will sit his butt back and with a completely flat back he should start leaning forward. He should lean forward until he feels tension in my hamstrings or before the bar starts to fall forward. The client should then slowly stand back up by bringing his hips forward and his torso back all while keeping a neutral spine. This should be done for 3 sets of 10 reps.		Measurement # of reps and sets Amount of weight Good form (full ROM, maintained good posture, full hinge at the hips)
Modification (Adaptations OR Progressions)	Task	S-The client may perform this exercise with no weight on his back at all or he may replace the barbell with a wooden rod. The client should perform the exercise with the same form as described above.	Equipment
		R-We could set this exercise up to be performed with a resistance band. The client would start with the same stance however he will have a resistance band that runs under his feet and is then looped over his shoulders and traps. To keep the resistance band off his neck, The client should grab the resistance band in his hands and hold it out by his shoulders as if it were a barbell in his hands. He	Barbell w/ plates Rack Potentially a bench, resistance band, and/or wooden rod

Activity Plan Grade:

		should then perform the exercise with the same form as described above.	
		C-The client could perform this exercise seated. This would take some of the hinge movement out of it and could help stabilize the client. The client should sit on a bench with his butt as far as possible. He should then repeat the movement by simply hinging forward at the waist, while maintaining a straight back. This can be done with the barbell, wooden rod, or no weight at all.	
	Person	S- I will give him words of encouragement to keep him engaged	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C- We can listen to some music while we do this to help keep The client's attention	
	Environment	S- We can go to the dance studio if the environment is too loud and overstimulating.	
		R- We can find a quiet and less crowded section of NIFS to complete this assessment.	
		C-N/A	
	Notes/ Observations		
Future Plans			

Activity #7	3 Rep Max Leg Curl
Objective/ Purpose of Activity	The goal of this exercise is to determine the client's knee extension strength. This can be used for comparison in the future. Due to The client's limited ROM in his left hip, we'll test his lower body strength via this exercise and leg curl. We did not have time to get to this activity and the machine was always taken but I'd really like to reuse this activity because I want to strengthen the client's legs and see what kind of strength he currently has in hamstrings. This is a great exercise for him because of his hip.

Activity Plan Grade:

Activity Description	The client will sit in the seated leg curl machine with his back flat against the back of the seat. The ankle bar should be adjusted so that it hits the back of his ankles at an appropriate height. Make sure the back of the machine is adjusted so that the client's knees line up with the axis of rotation on the machine. This should be an appropriate weight so that the client could perform 3 reps. While staying planted in the seat, The client should place his legs on top of the ankle bar and begin pushing the weight down. Once he reaches the bottom of the ROM, he should slowly release the weight to the beginning position. He should repeat this twice more for his 3-rep max. (Note: This is instruction for 3 rep max. There should be a warm-up. 50% of 3RM for 10 reps, 75% of 3RM for 6-8 reps, 90% of 3RM for 3-4 reps, then perform 3RM)		Measurement Record the weight that The client can perform for 3 reps Good form (remains firmly seated, completes the full ROM)
Modification (Adaptations OR Progressions)	Task	S- If the machine is either taken or he can't complete a rep on the machine, he could do standing knee flexion. Find something for the client to hold onto for balance (wall, chair, etc.). Ask him to flex one of his legs at the knee and, in a controlled manner, ask him to extend his knee. Repeat for both legs.	Equipment Seated leg curl machine Potentially a resistance band, something to balance against, a cable machine, lying leg curl machine
		R- If the machine is either taken or he can't complete a rep on the machine, we could use a resistance band or cable machine. I could attach the resistance band to a band peg. While The client faces the band peg, the resistance band will be attached to his ankle while his leg is still on the ground, and he should then flex his leg at the knee. This should be done for both legs. The client may use whatever is near him that he could hold onto for balance. We could also use the cable machine and lower the cable to the lowest setting and put the ankle strap on it. Attach the ankle strap to his ankle and while he's facing the machine have him bring his ankle back towards his butt. Then slowly lower his foot back down.	
		C- If the seated leg curl machine is taken or the client would prefer, we could use the lying leg curl machine. The client would lie on the machine in the prone position (on his stomach). His hips should be in line with the split	

Activity Plan Grade:

		between the top and bottom of the bench. The ankle bar would be adjusted to hit the back of his ankles at an appropriate height. He should then pull the weight up to his butt and slowly lower the weight back down for three reps.	
	Person	S- I will give him words of encouragement to keep him engaged	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C- We can listen to some music while we do this to help keep The client's attention	
	Environment	S- We could move to the dance studio if he's too overwhelmed and perform the standing knee flexion	
		R- We could come back to the leg curl machine later if there are too many people around causing him to feel overwhelmed	
		C- We could switch to a resistance band and find a quieter part of the gym that still has a place where I could attach a resistance band	
Notes/ Observations			
Future Plans			

Activity #8	Calf Raises	
Objective/ Purpose of Activity	The objective of this activity is to strengthen the client's lower body strength, specifically his calves.	
Activity Description	The client will stand on some sort of elevated platform (stacked plates, box, step, etc.) that allows him to reach his full ROM in a calf raise. He will have half his foot on the platform and half of his foot hanging off the back. He can grab a dumbbell to hold in one hand to add more resistance to the exercise. Once The client is in place, he can use his free hand to balance. The client may then slowly lower his heels below the height of the platform as far as his tendons allow. Once at the bottom of the movement, the client will then stand on his tip	Measurement # of reps and sets Amount of weight (if he used a dumbbell)

Activity Plan Grade:

	toes and return to the start position. That is one rep. Do this exercise for 3 sets of 10 reps.		Good form (full ROM, maintained good posture)
Modification (Adaptations OR Progressions)	Task	S-The client can do the top half of the ROM. He can either do it on a platform and perform the top portion of a calf raise, or he can stand on the ground and lift up on to his tip toes. He can also hold onto a wall, chair, or anything to help him maintain his balance. This could also be done without weight.	Equipment Platform (either stacked plates, platform, box, step, ledge, etc) Dumbbell Something to hold onto for balance
		R-The client may perform the top half ROM either on the platform or ground. This modification allows the client to do calf raises without any weight, however, he's without something to hold onto for balance.	
		C-If the weight is too much or is causing him to lose his balance, The client can lose the weights but still perform the calf raise in the full ROM.	
	Person	S- I will give him words of encouragement to keep him engaged	
		R- I will give clear, concise instructions that are easy to understand so that The client doesn't feel overwhelmed	
		C- We can listen to some music while we do this to help keep The client's attention	
	Environment	S- We can go to the dance studio if the environment is too loud and overstimulating.	
		R- We can find a quiet and less crowded section of NIFS to complete this assessment.	
		C-N/A	
	Notes/ Observations		
Future Plans			