

ICE Breaker

DESIGNING MEANINGFUL TREATMENT PLANS



This ICE Breaker is designed to supplement your lecture on how to design meaningful, functional, and creative treatment plans.



Watch

Assign this video for students to watch before, during, or after class: **Femur Fracture, 5 Weeks Post Surgery: Advanced Practice Skills During IADLs**. In this 12-minute video, the PT and OT work side by side with their clients outside a skilled nursing facility.



Practice

Challenge students to design an additional treatment session for these clients that challenges component skills in a creative and meaningful way.



Discuss

Stimulate small or large group discussions with questions, such as:

1. What are the advantages of moving the therapy session from inside the clinic to a new environment?
2. What are the advantages of combining a PT and OT session at the same time with two clients?
3. How can the therapist grade the task up or down to provide the just right challenge?



Supplement

Consider using [the corresponding ICE Lesson Plan](#) which includes learning objectives meeting ACOTE/CAPTE standards and specific creative learning activities.



Watch more!

Watch more videos on this topic by searching the ICE Video Library for these titles.

- **Femur Fracture, 5 Weeks Post Surgery: Lower Extremity Strengthening in Sitting**
- **Femur Fracture, 5 Weeks Post Surgery: Safety During Meal Preparation, Part 1**
- **Femur Fracture, 5 Weeks Post Surgery: Beginning Ambulation and Sidestepping**