

BLOCK

2.6.2

NAME _____

DATE _____

PERIOD _____

TEK | d(1)(C)



COMPARISON MATRIX

02 / 10

Compare YOUR workout plans for the two clients on three dimensions.

	MARK (24, PULLED HAMSTRING)	MRS. RODRIGUEZ (72, NEEDS BALANCE)
Main exercise (pick ONE I included)		
Why this exercise fits THIS client (one reason)		
Exercise I would AVOID for this client		

BOTTOM LINE: PHYSICAL THERAPISTS "PERSONALIZE" WORKOUT PLANS. IN ONE SENTENCE, WHAT IS THE BIGGEST THING A PT MUST KNOW ABOUT EACH CLIENT BEFORE DESIGNING A PLAN?

TEACHER · MASTERY

Beginning 1
 Developing 2
 Proficient 3
 Mastery 4

TEACHER COMMENT _____