



Creative Projects

PHYSICAL THERAPY AND CHIROPRACTIC

Project 1: Treatment Analysis



In this project, you will explore the fields of physical therapy and chiropractic care by analyzing treatments and rehabilitation approaches. You will examine how healthcare professionals help patients improve movement, reduce pain, and recover from injuries. Using your research, you will identify trends and evaluate what makes treatment plans effective.

Step 1: Study Treatments or Therapies (4–5 hours)

Study **5–8 treatments or therapy approaches** (stretching programs, rehabilitation exercises, chiropractic adjustments, posture correction, mobility training, etc.)

Record the following for each:

- Name/type of treatment
- Purpose or condition treated
- Equipment or techniques used
- Expected benefits and outcomes
- Safety considerations or limitations

Step 2: Organize Your Data

- Create a **comparison chart or table** (Google Sheets, Excel, or document)
- Clearly display all treatments and their details
- Group or sort in a meaningful way (by condition treated, therapy type, or recovery goals)

Step 3: Analyze Effectiveness Trends

Identify patterns such as:

- Common rehabilitation strategies
- Use of exercise and mobility techniques
- Patient-centered treatment approaches
- Differences between short-term and long-term care

Answer:

- What trends do you notice in treatment approaches?
- What makes a therapy plan effective?
- What challenges do therapists and patients face during recovery?

Step 4: Make Recommendations

Based on your findings, answer:

- What should therapists focus on to improve patient recovery and care?

Provide **2–3 specific, realistic suggestions** and explain them.

Examples might include:

- Increasing patient education
- Improving consistency with treatment plans
- Incorporating personalized recovery strategies

Final Deliverables (2 Completed Projects)

1) Comparison Chart (Required)

A clear chart or table showing your 5–8 treatments and their details

2) Effectiveness Trends (Required)

Choose one format:

- 1–2 page written summary
OR
- 10–12 slide presentation

Your analysis must include:

- Overview of treatments studied
- Key therapy and rehabilitation trends
- Explanation of effective treatment practices
- Your recommendations for improvement



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Project 2: Treatment Plan Simulation

In this project, you will take on the role of a physical therapist or chiropractic professional by creating sample treatment plans. You will design rehabilitation or wellness strategies based on patient needs and goals.

Step 1: Choose Patient Scenarios

Create realistic patient situations.

Examples:

- Sports injury recovery
- Posture or back pain concerns
- Mobility improvement after injury
- General wellness and flexibility

Step 2: Assess Patient Needs

Determine:

- Main symptoms or concerns
- Recovery or wellness goals
- Potential limitations or precautions

Step 3: Create Sample Treatment Plans

Develop 1–3 **sample treatment plans** that include:

- Therapy goals
- Exercises or treatment techniques
- Frequency or schedule recommendations
- Safety considerations

Step 4: Explain Your Rationale

Write an explanation that includes:

- Why you selected specific treatments
- How the plan supports recovery or wellness
- Any challenges or adjustments that may be needed

Final Deliverables (2 Completed Projects) ★

1) Plans (Required)

1–3 sample treatment or wellness plans

2) Rationale (Required)

A written explanation of treatment choices and expected outcomes

3) Extension Activities (Optional)

- Demonstrate exercises or stretches
- Research modern rehabilitation technology
- Present treatment plans to peers for feedback