

## Session Plan

**SMT:** JD Hogue

**Session date:** 9/11/14

**Site:**

**Session #:** 1

### **Comprehensive materials list:**

### **List of songs to use with the interventions as is appropriate with client:**

1. I Walk the Line by Johnny Cash
2. Roar by Katy Perry
3. Love Runs Out by One Republic
4. Shake It Off by Taylor Swift

### **Physical Interventions**

#### **1. Intervention 1**

**Title:** Range of Motion

**Goal:** To increase range of motion

**Objective:** Client will increase range of motion at least 10% from the start of the session by the end of the session.

**Rationale:** Increasing range of motion will allow Client to move more, which will increase the rate of healing and decrease the time it takes to become functionally independent.

**Data Collection Method:** The physical therapist's measurement of range of motion.

#### **Procedures:**

1. SMT will assess Client's current range of motion by either monitoring Client or by asking the physical therapist.
2. SMT will play the song and ask Client to shake an egg shaker in the desired and needed direction.
3. SMT will play the song as many times as is needed, asking Client to go a little farther with each iteration.
4. At the end of the session, SMT will measure Client's range of motion the same way he did at the beginning of the session.

## 2. Intervention 2

**Title:** Endurance

**Goal:** To increase endurance

**Objective:** Client will increase the distance in which he or she can walk from the beginning of the intervention to the end.

**Rationale:** Walking is an important life skill. The farther Client can independently walk, the more likely he or she is to perform everyday activities independently.

**Data Collection Method:** The physical therapist's measurement of walking distance.

**Procedure:**

1. SMT will assess Client's current walking endurance by either monitoring Client or by asking the physical therapist.
2. As Client walks, SMT will stand in front of Client play the song at a tempo set to Client's gait.
3. As Client walks forward, SMT will play while walking backward.
4. When Client stops walking, SMT will stop playing.
5. This process will repeat, as the physical therapist deems necessary.
6. SMT will assess Client's walking distance at the end of the session the same way he did at the beginning of the session.

## Emotional Interventions

### 1. Intervention 3

**Title:** Relaxation

**Goal:** To increase time relaxing

**Objective:** Client will increase how much he or she feels relaxed from the beginning to the end of the intervention.

**Rationale:** Relaxation is imperative for increasing healing rates and obtaining greater success rates from surgery.

**Data Collection Method:** Self-report: The SMT will ask Client to report on a 1 (*Not at All*) to 5 (*Extremely*). If a child, SMT will count the number of breaths.

**Procedure:**

1. SMT will assess how relaxed Client is either by asking the client or by counting the number of breaths taken.
2. SMT will start playing the song and will play along on the bongos.
3. At the end of the song, SMT will reassess Client's level of relaxation.

## 2. Intervention 4

**Title:** Positive Affect

**Goal:** To increase feelings of positive emotions

**Objective:** Client will increase how much he or she feels a positive emotion from the beginning to the end of the intervention.

**Rationale:** Positive affect leads to quicker healing times.

**Data Collection Method:** Self-report: The SMT will ask Client to report on a 1 (*Not at All*) to 5 (*Extremely*).

**Procedure:**

1. SMT will assess much Client feels positive emotions by asking Client how happy he or she is.
2. SMT will then sing a song and ask client to sing along while playing the bongos.
3. SMT will reassess Client's amount of positive affect.

## Cognitive Interventions

### 1. Intervention 5

**Title:** Understanding Healthy Behaviors

**Goal:** To increase understanding of healthy behaviors

**Objective:** Client will state at least two healthy behaviors during the intervention.

**Rationale:** An understanding of healthy behavior is the first step to applying healthy behaviors.

**Data Collection Method:** Count: The number of statements Client makes that he or she can do that are healthy behaviors.

**Procedure:**

1. SMT will play a song. After the song, Client and SMT will discuss the song.
2. Client and SMT will discuss how the song relates to Client's situation and behaviors Client can take to improve his or her situation.