

# Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-10-01

Name

Period

Date

Lesson

## Lesson focus

Rehabilitation plan project

## Key words and questions

## Prepared details and student notes

**Essential question**  
**What is today's target?**

Design a rehabilitation plan with assistive devices tailored to your patient. Big idea: A rehabilitation plan translates patient goals into specific, staged interventions supported by assistive technology matched to functional deficits.

**My notes, examples, and questions**

**Key words**  
**What vocabulary unlocks the lesson?**

- rehabilitation
- empathy
- assistive device
- care plan
- patient portal
- wellness

**My notes, examples, and questions**

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## Cornell Notes - Continued

### Key words and questions

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**Must-know ideas**  
**What should I understand by the end?**

- Assistive devices for musculoskeletal rehab include braces, splints, canes, walkers, and resistance bands; the choice depends on the affected joint and the stage of recovery.
- A staged rehab plan sets short-term checkpoints (range of motion, pain scale, functional task) that allow clinicians to adjust the plan if recovery stalls.
- Safety in rehab planning means avoiding exercises that stress structures not yet healed; feasibility means matching intensity to current patient capacity.

**My notes, examples, and questions**

**Process notes**  
**What happens during class?**

- 0-8: Intro: elements of a staged rehabilitation plan
- 8-20: Review patient goals from Tuesday; select two exercises and one device
- 20-50: Build week-by-week plan card with goals and progress checkpoints
- 50-65: Group peer review: identify safety risk and feasibility issue; revise
- 65-75: Write device-choice justification for each selection
- 75-80: Submit plan card and justification

**My notes, examples, and questions**

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#### Steps and evidence What do I do and turn in?

- Review your patient's goals and physical limits from Tuesday.
- Select two exercises and one assistive device that fit the patient's needs.
- Build a week-by-week rehab plan card with goals and progress checkpoints.
- Have your group review the plan for safety and feasibility.
- Submit your rehabilitation plan with device choices justified.

Evidence: Lab report - Week-by-week rehabilitation plan card with two exercises, one assistive device, progress checkpoints, and written justification for each choice.

#### My notes, examples, and questions

#### Checks for understanding How do I know I got it?

- You can design a staged rehab plan for a real patient case.
- You can justify assistive-device choices against patient needs.

#### My notes, examples, and questions

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**Lab or safety notes**  
**What must I handle carefully?**

**Safety:**

- All exercise recommendations must stay within the range of motion documented as safe in the patient record.
- Do not recommend weight-bearing exercises for a patient record that specifies non-weight-bearing status.
- Flag any exercise that crosses a recent surgical site for teacher review before finalizing the plan.

**Supplies:**

- Patient-portal record from Tuesday
- Rehab plan card template (printed or digital)
- MedlinePlus assistive-devices reference (linked in explainer)
- Ruler or timer for exercise progression planning (optional)

**My notes, examples, and questions**

## Summary

Today's lesson focused on Rehabilitation plan project. The main target was: Design a rehabilitation plan with assistive devices tailored to your patient. The evidence of learning is Lab report: Week-by-week rehabilitation plan card with two exercises, one assistive device, progress checkpoints, and written justification for each choice.. In my own words, the most important idea from today is:

**My summary**

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**My final question or connection**