

Please see CPM's CCP website for requirements, tips and examples.

20XX Goal:

Develop a shoulder strengthening program for hockey players.

Service User(s) on 20XX Learning Plan:

Patients who play hockey.

Status: Please check one.

- Completed
 Ongoing
 Other – (please explain):

Accomplishment Statement: Provide a summary of the impact of your learning. *(TIP: Link your outcome(s) back to your goal and reflect on how your PT practice has been enhanced)*

The process of designing this program improved my knowledge of shoulder anatomy, specifically the innervation of each muscle and the action of each muscle as specific movements are performed. I have also learned the biomechanical demands that hockey places on the shoulder complex.

The process also brought me into contact with trainers involved with professional hockey teams and I got to learn how they approach strengthening and conditioning with the professional athlete and the principles of training that they use.

I am now able to prescribe an exercise program that will improve athletic performance by improved muscle function, I have learned to recognize and eliminate patterns that may increase a person's risk of injury and I have learned more techniques for rehabilitating an injured shoulder.

I was able to develop a pamphlet of exercises that are effective in improving performance through strengthening and conditioning of the shoulder.

Date: MONTH/DAY/YEAR

ID Number: XXXXXX

Please complete and save a copy in your Professional Portfolio. The completed sheet will be requested when your portfolio is audited.