

Course Competency

PHT 2224 Disabilities and Therapeutic Procedures II

Course Description

The student will learn the cause and effect factors associated with the more complex medical and surgical problems resulting in disability.

Course Competency	Learning Outcomes
<p>Competency 1:The student will comprehend the Principles of Therapeutic Exercises by:</p>	<ol style="list-style-type: none"> 1. Communication 2. Critical thinking 3. Social Responsibility 4. Computer / Technology Usage 5. Ethical Issues
<ol style="list-style-type: none"> 1. Reviewing the basic classifications and principles of therapeutic exercise. 2. Reviewing the various types of contraction: Isometric, Isokinetic, Isotonic, concentric and eccentric (indications, contraindications and precautions). 3. Reviewing three types of isotonic exercises. 4. Reviewing the different types of exercises: PROM, AAROM, AROM, ARROM, and endurance exercises, identify their benefits and limitations. 5. Reviewing stretching techniques; indications, contraindications and goals. 6. Defining and discussing the concept of mobility and joint ranges. 7. Discussing the clinical significance of relaxation, the principles and giving techniques used to promote relaxation. 8. Detailing specific exercise protocols: McKenzie’s Extension, William’s Flexion, and Codman’s. 9. Identifying Orthopedic considerations in exercise in respect to stages of recovery. 	
<p>Competency 2:The student will have an</p>	

<p>understanding of MusculoSkeletal Disorders by:</p> <ol style="list-style-type: none"> 1. Reviewing the different types of fractures: open or compound, closed or simple, pathologic, transverse, spiral, communitied. 2. Describing the specific types of fractures common in children. 3. Describing the process of bone repair. 4. Discussing delayed union, malunion, and nonunion. 5. Defining the following surgical procedures: tenotomy, capsulotomy, tendon lengthening, tendon transplantation, osteotomy, arthrodesis, arthroplasty, total bone replacement and bone grafting. 6. Identifying the three different stages of tissue trauma. 7. Defining the types of microtrauma and macrotrauma that can cause injury to the musculoskeletal system; sprain, strain, dislocation and fractures. 8. Defining signs and symptoms related to musculoskeletal trauma. 9. Describing the cycle involved in tissue regeneration and repair. 10. Recognizing treatment differences between acute and chronic patients. 11. Defining the components related to an orthopedic physical therapy evaluation such MMT and ROM. 12. Defining the cause and effect theory when treating orthopedic patients. 13. Emphasizing body mechanics and energy conservation techniques. 14. Defining common terminology related to orthopedic physical therapy. 15. Listing and defining different diagnostic tools used in diagnosing orthopedic dysfunction. 16. Discussing preoperative management of the orthopedic patients. 17. Identifying major treatment approaches to orthopedic dysfunction: Cyriax, Kaltenborn, Maitland. 18. Discussing the potential psychological aspects involved in orthopedic disabilities. 	
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<p>Competency 3:The student will have an understanding of Arthritis by:</p>	
<ol style="list-style-type: none"> 1. Defining Rheumatoid arthritis and osteoarthritis and differentiating between them in terms of etiology and clinical manifestations. 2. Listing the criteria for a diagnosis of Rheumatoid arthritis. 3. Describing the pathology and the stages of Rheumatoid arthritis and Osteoarthritis. 4. Discussing the medical management of Rheumatoid arthritis includes the different joints deformities: Swan neck, and Boutonniere deformities. 5. Discussing Physical Therapy evaluation and treatment of the acute vs. subacute and chronic stages of Rheumatoid arthritis, and osteoarthritis. 6. Describing the psycho social factors associated with arthritis. 	
<p>Competency 4:The student will demonstrate an understanding of Disorders and Treatment of the Spine by:</p>	
<ol style="list-style-type: none"> 1. Giving a brief overview of the anatomy of the spine. 2. Defining and discussing common injuries and special test for the cervical and thoracic spine; minor neck injuries (whiplash) Pinch nerve syndrome, torticollis, facet joint dysfunction, Scheuermann's disease. 3. Discussing medical-surgical and physical therapy management of patients with pathologies and injuries of the cervical and thorax spine. 4. Defining and discussing common injuries and special test related to the lumbar spine; muscle strains and contusions, myositis, discogenic back pain, HNP with or without nerve root involvement, cauda equina syndrome, piriformis syndrome, vertebral fractures, spondylolysis, spondylolisthesis, ankydolosis spondilitis, laminectomy, discectomy, osteoporosis/ 	

<p>compression fractures, spinal stenosis, SI dysfunction.</p> <ol style="list-style-type: none"> 5. Describing the most common medical and surgical approaches to treating patients with the most common diagnoses listed above. 6. Identifying the indications, precautions and examples of procedures to specific treatment approaches to spinal disorders including: McKenzie extension and William's Flexion exercises. 7. Describing the different pain management approaches in the acute and in the chronic stage. 	
<p>Competency 5: The student will demonstrate an understanding of Disorders and Treatment of Lower Extremity by:</p>	
<ol style="list-style-type: none"> 1. Identifying the following surgical procedures: O.R.I.F. and T.H.R. and listing the hip nails and prosthesis. Describing the medical-surgical and physical therapy management of patient with hip disabilities listed above. 2. Describing exercise program/protocol for a patient with a hip pinning or hip replacement. 3. Defining and discussing common injuries and special test related to the knee; MCL and LCL injuries, meniscal tears, unhappy triad, Osgood-Sclatter's disease, chondromalacia of the patella, DJD, T.K.R. 4. Discussing medical-surgical and physical therapy management of patient with the knee Pathologies and disabilities. 5. Defining and discussing common injuries and special test related to the ankle; ruptured Achilles tendon, Ankle sprains and strains, arthrodesis at the ankle joint. 6. Defining and discussing common injuries and test related to the foot: chronic foot strain, metatarsalgia, Morton's neuroma, plantar fasciitis, claw toes, pronator foot. 7. Discussing medical-surgical and physical 	

<p>therapy management of patient with the ankle or foot pathologies and disabilities.</p>	
<p>Competency 6:The student will demonstrate an understanding of Disorders and Treatment of the Upper Extremity by:</p>	
<ol style="list-style-type: none"> 1. Reviewing the anatomy of the upper extremity. 2. Defining and discussing the following common traumas and disorders of the shoulder girdle: acromion clavicular joint sprain, anterior dislocation of the glenoid humeral joint, recurrent anterior dislocation of the shoulder, posterior dislocation of the glenoid humeral joint, impingement syndrome, tear of rotator cuff, T.O.S., R.S.D., tendonitis, bursitis, total shoulder replacement, frozen shoulder. 3. Identifying items relevant to shoulder pathology likely to be included in P.T. evaluation of the shoulder. 4. Given a shoulder pathology and goals of treatment, identifying appropriate treatment activities. 5. Identifying equipment frequently used in shoulder rehabilitation including: pulleys, shoulder wheel, finger ladder and isokinetic equipment. 6. Stating the indication and procedure for Codman's pendulum exercise. 7. Defining and discussing common injuries related to the elbow joint: Tennis elbow, golfer's elbow, dislocation of the elbow, olecranon bursitis, nerve injuries around the elbow joint, fracture of the head of the radius, myositis ossificans. 8. Defining and discussing common injuries and special test related to the wrist and hand; Colle's fracture, fractured navicular, injury to the distal radial ulnar joint, carpal tunnel syndrome, Dupuytren's contracture, tendon repairs of the hand. 9. Outlining and discussing rehabilitation of pathologies of the elbow and wrist. 	

<p>Competency 7:The student will have an understanding of the Psycho Social Aspects of Illness by:</p>	
<ol style="list-style-type: none"> 1. Developing an awareness of the psycho social aspects of disabilities. 2. Developing awareness of patient anxiety, stresses, frustrations and their possible effect on illness and hospitalization. 3. Developing an understanding of the use of defenses in adjustment and non-adjustment as part of the human adaptation process; denial, repression, projection, rationalization, identification, reaction formation, substitution and sublimation. 4. Differentiating between the different types of communication. 5. Developing an appreciation of culture diversity and understanding the influence of such factors on communication with the patient and patient’s families. 6. Listing and defining the basic element of effective communication. 7. Understanding the five stages of psychological adjustment to loss and disability and realize their influence on rehabilitation. 8. Understanding the importance of social interaction on the patient’s physical and mental rehabilitation. 	

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