

Course Competency

PHT 2224L Disabilities and Therapeutic Procedures II Lab

Course Description

Laboratory practice of more complex technical skills and competencies related to preparing equipment and treatment of patients with a variety of medical, surgical and neuromuscular disabilities.

Course Competency	Learning Outcomes
<p>Competency 1:The student will demonstrate an understanding of the Principles of Therapeutic Exercises by:</p>	<ol style="list-style-type: none"> 1. Communication 2. Critical thinking 3. Social Responsibility 4. Ethical Issues 5. Computer / Technology Usage
<ol style="list-style-type: none"> 1. Demonstrating a minimum of three examples of exercises used for types of muscle contractions 2. Given goals and parameters of a treatment, demonstrating how to progress the treatment. 3. Demonstrating resistive exercises 4. In all simulated situations, using good body mechanics and good principles of communication. 	
<p>Competency 2:The student will demonstrate an understanding of Musculoskeletal Disorders by:</p>	
<ol style="list-style-type: none"> 1. Given a clinical scenario and goals of treatment implementing a treatment plan 2. Using good body mechanics for self and patient 3. Using good communication skills 4. Demonstrating appropriate activities for simulated disorder 5. Demonstrating a plan for Progression of activities within the overall goals of treatment. 6. Role-playing communication with the 	

<p>supervising therapist on the patient's status and progress.</p> <ol style="list-style-type: none"> 7. Documenting the treatment in S.O.A.P. format. 8. Identifying role in writing the discharge plan. 9. Identifying major treatment approaches to orthopedic dysfunction: Cyriax, Kaltenborn, and Maitland. 	
<p>Competency 3: The student will demonstrate an understanding of procedures related to the care of the patient with Arthritis by:</p>	
<ol style="list-style-type: none"> 1. Demonstrating appropriate therapeutic exercise activities for the acute and subacute stages of RA. 2. Teaching the patient positioning and body mechanics activities that protect the joint (s) for the acute and subacute stages of RA. 3. Demonstrating appropriate therapeutic exercise activities for the acute and subacute stages of osteoarthritis 4. Teaching the patient positioning and body mechanics activities that protect the joint(s) for the acute and subacute stages of osteoarthritis 5. Identify assistive devices that might assist the patient in areas for the acute and subacute stages of osteoarthritis 6. Demonstrating appropriate therapeutic exercise activities for the acute and subacute stages of osteoarthritis. 7. Teaching the patient positioning and body mechanics activities that protect the joint(s) for the acute and subacute stages of osteoarthritis. 8. Identify assistive devices that might assist the patient in areas for the acute and subacute stages of osteoarthritis. 	
<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. Assessing the “patient’s” body mechanics and instructing in good body mechanics. 2. Reviewing range of motion of the neck and spine 3. Demonstrating treatment activities form the following treatment protocols William’s Flexion exercises, McKenzie’s Extension exercises, and Lumbosacral stabilization exercises. 4. Identifying and demonstrating appropriate modalities in treating disorders of the neck and spine. 5. Demonstrating how to integrate the modalities in a treatment sequence. 	
<p>Competency 5:The student will demonstrate an understanding of the procedures associated with Disorders and Treatment of the Lower Extremity by:</p>	
<ol style="list-style-type: none"> 1. Identifying general treatment protocols including examples of therapeutic exercises and progression of therapeutic exercises within identified goals and parameters. 2. Demonstrating good communication skills and good body mechanics. 3. Teaching the patient (and or family) a home exercise program. 4. Documenting information that includes the important aspects of the treatment and the patient’s responses to that treatment. 5. Integrating appropriate modalities in overall treatment. 6. Using special equipment such as a continuous passive motion (CPM) machine. 	
<p>Competency 6:The student will demonstrate procedures associated with Disorders and Treatment of the Upper Extremity by:</p>	
<ol style="list-style-type: none"> 1. Identifying general treatment protocols including examples of therapeutic exercises and progression of therapeutic exercises within identified goals and 	

parameters.

2. Demonstrating good communication skills and good body mechanics.
3. Teaching the patient (and or family) a home exercise program.
4. Documenting information that includes the important aspects of the treatment and the patient's responses to that treatment.
5. Integrating appropriate modalities in overall treatment.
6. Identifying equipment and demonstrating the proper use of in treatment of UE disorders (i.e. shoulder wheel, finger ladder, theraband, etc.).
7. Instructing a lab partner in the correct implementation of Codman's pendulum exercises.

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