

Course Description

PHT2224L | Disabilities and Therapeutic Procedures 2 Lab | 2.00 credits

This is the laboratory course for PHT2224 Disabilities and Therapeutic Procedures 2. It is designed to provide students with technical skill practice and application of foundational concepts and principles pertaining to therapeutic exercise prescription and interventions for the upper and lower extremity, spine, and Women's Health across the lifespan and continuum of care. Students apply exercise and therapeutic interventions by body region, practice documentation, prescribe home exercise programs, and are introduced to peripheral joint mobilization for the upper and lower extremities. Prerequisites: BSC2086, BSC2086L, PHT1102C, PHT1201, PHT1201L, PHT1211, PHT1211L; Corequisites: PHT2120, PHT2120L, PHT2224, PHT2801C

Course Competencies:

Competency 1: The student will demonstrate an understanding of the Principles of Therapeutic Exercises by:

1. Demonstrating a minimum of three examples of exercises used for types of muscle contractions
2. Demonstrating how to progress the treatment, given goals and parameters of a treatment
3. Demonstrating resistive exercises
4. Using good body mechanics and sound principles of communication in all simulated situations

Competency 2: The student will demonstrate an understanding of Musculoskeletal Disorders by:

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 the simulated disorder
5. Demonstrating a plan for the Progression of activities within the overall goals of treatment
6. Role-playing communication with the supervising therapist on the patient's status and progress
7. Documenting the treatment in S.O.A.P. format
8. Identifying the role in writing the discharge plan
9. Identifying major treatment approaches to orthopedic dysfunction: Cyriax, Kaltenborn, and Maitland

Competency 3: The student will demonstrate an understanding of procedures related to the care of the patient with Arthritis by:

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. Identifying assistive devices that might assist the patient in areas for the acute and subacute stages of osteoarthritis
6. Demonstrating appropriate therapeutic exercise activities for osteoarthritis's acute and subacute stages.
7. Teaching the patient positioning and body mechanics activities that protect the joint(s) for osteoarthritis's acute and subacute stages
8. Identifying assistive devices that might assist the patient in areas for the acute and subacute stages of osteoarthritis

Competency 4: The student will demonstrate an understanding of disorders and treatment of the spine by:

1. Assessing the "patient's" body mechanics and instructing in good body mechanics
2. Reviewing the range of motion of the neck and spine

3. Demonstrating treatment activities from the following treatment protocols: William's Flexion, McKenzie's Extension, and Lumbosacral stabilization exercises
4. Identifying and demonstrating appropriate modalities in treating neck and spine disorders
5. Demonstrating how to integrate the modalities in a treatment sequence

Competency 5: The student will demonstrate an understanding of the procedures associated with disorders and treatment of the lower extremity by:

1. Identifying general treatment protocols, including examples of therapeutic exercises and their progression 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

Competency 6: The student will demonstrate procedures associated with disorders and treatment of the upper extremity by:

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 (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 demonstrate its proper use in treating UE disorders (e.g., shoulder wheel, finger ladder, TheraBand, etc.)
7. Instructing a lab partner to correctly implement Codman's pendulum exercises

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Create strategies that can be used to fulfill personal, civic, and social responsibilities
- Demonstrate knowledge of ethical thinking and its application to issues in society
- Use computer and emerging technologies effectively