

STANDARD COURSE OUTLINE

PHTA 2201 & 2202: **Physical Therapy Procedures I Lecture and Lab**

PREREQUISITE: **Admission into the Physical Therapist Assistant Program and Successful completion of Clinical Kinesiology Lecture and Lab.**

COURSE DESCRIPTION:

This course is designed to provide the PTA student with a strong understanding and clinical application of thermal, light, electrical, and mechanical agents, commonly used in the P.T. setting.

CREDIT HOURS: PHTA 2201 Physical Therapy Procedures I
1 credit hour / non-transferable

PHTA 2202 Physical Therapy Procedures I Lab
2 credit hours / non-transferable

TARGET AUDIENCE: Students admitted to the PTA Program

INSTRUCTIONAL MATERIALS:

Required:

Cameron MH. *Physical Agents in Rehabilitation From Research to Practice*. Philadelphia: WB Saunders Company; 2003.

Pierson FM. *Principles and Techniques of Patient Care*. 3rd ed. Philadelphia: WB Saunders Company; 2002.

COURSE OBJECTIVES:

The following modalities are covered both didactically and in laboratory

- Biofeedback
- Compression garments
- Continuous Passive Motion
- Contrast Bath
- Cryotherapy
- Diathermy (thermal and non-thermal)
- Electrical Stimulation – NMES & Denervated Muscle

- Electrical Stimulation – Pain Control
- Fluidotherapy
- Hot Packs
- Iontophoresis
- Paraffin
- Phonophoresis
- Traction
- Ultrasound (thermal and non-thermal)

Additionally, the following modalities are also covered didactically

- Infrared Lamp
- Laser
- Ultraviolet
- Intermittent Compression

Upon successful completion of this course, the student should be able to:

1. Use standard pain scales to assess and describe the type and location of pain.
2. Assess and describe edema, sensation, circulation and integumentary integrity.
3. Use physiologic rationales to support modality choice and parameter selection for modalities covered in this class.
4. Given patient scenarios, identify indications, precautions, contraindications and adverse effects for the modalities covered in the course.
5. Identify the phases of healing, the basic physiological processes in each phase, and the factors influencing normal & abnormal healing.
6. Understand and utilize the biophysical properties of the modalities covered in this course to allow safe and therapeutic treatment while staying in the plan of care
7. Communicate verbally, through demonstration, and/or written instruction, to the patient, caregiver, and other health care providers directions for using equipment covered in this class.
8. Safely administer, assess, sequence, modify, and progress modality treatments while staying within the plan of care and justify the treatment selections
9. Accurately document treatment sessions, including procedure, parameter, patient response, and effectiveness of treatment.
10. Report all changes in treatment sessions to the appropriate healthcare providers. (PT, nurses, Dr....)
11. Conduct self in a safe, professional, legal, and ethical manner during simulated patient care.
12. Describe &/or demonstrate the ability to sequence a treatment session including exercise, gait and modalities taking into consideration goals, plan of care, availability of treatment time, cognition of the patient, patient expectations, modality availability, and previous patient experience with various modalities.
13. Apply &/or demonstrate appropriate safety precautions for use of electrical equipment and problem solve equipment operation.

