

## STANDARD COURSE OUTLINE

**PHTA 2301** Physical Therapy Procedures II  
**PHTA 2302** Physical Therapy Procedures II Lab

**PREREQUISITE** Successful completion of PTA Semester I

**CREDIT HOURS** PHTA 2301 1 credit hour / non-transferable  
PHTA 2302 2 credit hours / non-transferable

**TARGET AUDIENCE** Students admitted to the PTA Program

### COURSE DESCRIPTION

PHTA 2301: This course is designed to provide the PTA student with didactic information and clinical application in the use of hydrotherapy, wound care, soft tissue techniques, and extremity mobilization. An introduction to and clinical application of aquatic rehabilitation will be explored.

PHTA 2302: This course provides lab skills to accompany PHTA 2301.

### INSTRUCTIONAL MATERIALS

Required:

Cameron MH. Physical Agents in Rehabilitation. 2<sup>nd</sup> ed. St Louis: Saunders Company: 2003

McCulloch JM, Kloth LC, Feedar JA. Wound Healing Alternatives in Management. 3<sup>rd</sup> ed. Philadelphia: FA Davis Company: 2002

O'Sullivan SB, Schmitz TJ. Physical Rehabilitation Assessment and Treatment. 4<sup>th</sup> ed. Philadelphia: FA Davis Company: 2001

Pierson FM. Principles and Techniques of Patient Care. 2<sup>nd</sup> ed. Philadelphia: W.B.Saunders Company; 1999.

Kisner C, Colby LA. Therapeutic Exercise Foundations and Techniques. 3<sup>rd</sup> ed. Philadelphia: FA Davis Company: 1996.

DeDomenico G, Wood EC. Beard's Massage. 4<sup>th</sup> ed. Philadelphia: WB Saunders Company: 1997

## **COURSE OBJECTIVES**

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

1. Demonstrate knowledge of infection control principles during hydrotherapy procedures, wound care, massage and extremity joint mobilization.
2. Apply the physical properties of water to basic physiologic responses and exercise in the aquatic setting.
3. Demonstrate a working knowledge including set-up, safe and effective therapeutic application, indications, contraindications, precautions, patient assessment, patient and caregiver education, and documentation for whirlpool and aquatic rehabilitation.
4. Demonstrate an understanding of normal wound healing including the wound healing models and the phases of healing.
5. Demonstrate an understanding of delayed/impaired wound healing including the contributing factors, and the visual recognition of delayed/impaired healing.
6. Perform basic wound assessment
7. Document wound assessment and treatment interventions.
8. Differentiate the following characteristics of vascular, pressure, and neuropathic wounds: etiology, pain, location, wound characteristics, typical interventions and home program.
9. Provide appropriate wound management including precautions, application and removal of dressings.
10. Provide appropriate wound management including indications, contraindications, and precautions for wound cleaning and debridement, and selection of dressings.
11. Describe standard physical therapy interventions for burns
12. Select physical therapy modalities to augment traditional wound care including HVPC, ultrasound, ultraviolet, normothermia, negative-pressure wound therapy, or pulse diathermy .
13. Utilize the professional literature to access information about wound care and analyze the literature for relevance to clinical practice.
14. Recognize viable and non-viable tissue

15. Demonstrate knowledge of physiological and psychological effects of massage.
16. Demonstrate knowledge of indications, contraindications, precautions, and endangerment sites for massage.
17. Demonstrate knowledge of general massage principles including: professional demeanor, touch, physical environment, topical substances, positioning, draping, and self-care for the PTA.
18. Identify the indications and effects of basic western massage techniques (effleurage, petrissage, friction, tapotement, and vibration).
19. Perform basic massage techniques including effleurage, petrissage, friction, tapotement, and vibration.
20. Demonstrate knowledge of cellular response to injury and the effects of immobilization.
21. Demonstrate knowledge of the mechanical and physiological effects of joint mobilization.
22. Recognize indications and contraindications for joint mobilization.
23. Differentiate between osteokinematics and arthrokinematics during ROM of extremities.
24. Define the convex-concave rule and identify the clinical relevance.
25. Demonstrate knowledge of the end feel concept and the pathological considerations.
26. Identify open-packed and closed-packed positions for the shoulder, elbow, wrist, hip, knee, and ankle.
27. Perform appropriate joint mobilization techniques on specified joints.
28. Assess end feels of specific joints and determine clinical significance.
29. Identify appropriate joint mobilization techniques for treatment based upon joint ROM restriction.
30. Demonstrate verbal and non-verbal communication skills with a mock patient during simulated treatments including whirlpool, wound care, massage and extremity joint mobilization.

31. Given a case scenario, recognize individual differences in development of a home exercise program.
32. Exhibits conduct during simulated patient care that is legal, ethical and safe.
33. Given goals and a plan of care, determines appropriate interventions and adjusts interventions to patient response including reporting to the supervising physical therapist.
34. Recognizes when interventions and/or requests are beyond the scope of a PTA.