

STANDARD COURSE OUTLINE

PHTA 2114 Basic Physical Therapy Tests and Measures **PHTA 2112 Basic Physical Therapy Tests and Measures Lab**

PREREQUISITE

MATH	1204	College Algebra	OR
MATH	1003	Math for AAS	
BIOL	2214	Anatomy & Physiology I	
BIOL	2224	Anatomy & Physiology II	
PSYC	2003	General Psychology	
ENGL	1013	English Composition I	
ENGL	1023	English Composition II	OR
ENGL	2013	Technical Writing	
AHSC	1001	Medical Terminology	
CISQ	1103	Introduction To Computer Information	
PHTA	2105	Clinical Kinesiology	

Admission into the Physical Therapist Assistant Program

COURSE DESCRIPTION

PHTA 2114: This course provides measurement techniques, which include goniometric and functional manual muscle test procedures; and the development of manual palpation skills of bone and soft tissue structures.

PHTA 2112: Lab Skills to accompany PHTA 2114 Basic Physical Therapy Tests and Measures

CREDIT HOURS:

PHTA 2114: 4 credit hours / non-transferable/ 4 contact hours and 4 load hours

PHTA 2112: 2 credit hours/ non-transferable/ 6 contact hours and 6 load hours

TARGET AUDIENCE Students admitted to the PTA Program

INSTRUCTIONAL MATERIALS: See Instructor for Details

COURSE OBJECTIVES:

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

- 1) Communicate verbally and nonverbally the required positions and patient responsibilities for the completion of goniometric measurement and manual muscle testing.
- 2) Communicate verbally and through written documentation the outcome of manual muscle tests and goniometric measurements, including any deviations from the standard procedure.
- 3) Use medical terminology to describe resting posture in any position.
- 4) Use medical terminology to describe the alignment of the trunk and extremities at rest and during activities.
- 5) Utilize safe body mechanics while handling patients, for the purpose of positioning and assessing range of motion, muscle length, and muscle strength.

- 6) Utilize appropriate handling techniques while assessing active/passive range of motion and muscle length/strength.
- 7) Assess normal and abnormal spinal posture, using a plumb line.
- 8) List the normal range of motion and end feel for major joints.
- 9) Use a goniometer to assess range of motion and muscle length at each major joint.
- 10) Visually assess functional range of motion without the use of a goniometer.
- 11) Identify and differentiate between normal and abnormal joint movements.
- 12) Identify the normal end feel of each major joint, and explain the probable cause for any alterations.
- 13) Recognize muscle atrophy and hypertrophy.
- 14) Palpate and verbally identify superficial muscles, tendons, ligaments, and various other landmarks needed to accurately assess posture, strength, and range of motion.
- 15) Recognize indications, precautions, and contraindications for manual muscle test and range of motion assessments.
- 16) Assess the strength of every major muscle group, using the standard manual muscle test and scoring.
- 17) Develop a patient chart for a classmate, which will include height, weight, vital signs, and muscle length and strength for all major muscle groups.
- 18) Perform a comprehensive assessment of muscle length, strength, and joint range of motion on a mock patient, with minimal positional changes and within a reasonable time frame to reduce the risk of patient fatigue.
- 19) Use critical thinking skills to safely modify ROM and MMT positions, without compromising the validity of the test.
- 20) Relate musculoskeletal abnormalities to the abnormal posture that accompany them.
- 21) Assess Q-angle, and leg length.

TOPICS

Medical Terminology, Draping Skills, Body Mechanics, joint movement, ROM assessment/contraindications/precautions/ Palpation of the Pelvic Girdle, Hip, and End Feels. Reading a Goniometer, MMT& ROM of Pelvis, Hip, knee, ankle, foot, shoulder girdle, shoulder, elbow, wrist, & hand. Posture assessment, Cervical and trunk ROM and MMT. Muscle(s) location, action, origin, insertion, nerve innervation.

FORMS OF ASSESSMENT:

Lab Practical Examinations

*All Lab Practical examinations will include Professionalism, Ethical Behavior, Safety, and both written and verbal communication.

Assignments:

Quizzes: