

1. Provide sound physiologic and/or kinesiologic rationales for a variety of common exercise protocols.
 - a. Active, Active Assistive, and Passive ROM
 - b. Aerobic Conditioning
 - c. Amputations
 - d. Breathing Exercises
 - e. Codman's Exercises
 - f. Williams Flexion Exercises
 - g. McKenzie Exercises
 - h. Pelvic Stabilization Exercises
 - i. Postural Awareness Exercises
 - j. Pre-natal and Postpartum Exercises
 - k. Relaxation Exercises
 - l. Scoliosis Exercises
 - m. TMJ exercises
 - n. Total Joint Revisions and Reconstructions
 - o. Wand Exercises
 - p. A variety of other common orthopedic protocols
2. Given a patient history and case scenario, recognize cultural and individual differences, and develop a comprehensive home exercise program to meet the goals set by the patient and physical therapist, while staying within the plan of care.
3. Given short and long term goals, select appropriate treatment components, while staying within the plan of care.
4. Identify the mechanism of injury, indications, precautions, and contraindications for a variety of common orthopedic conditions.
5. Given a patient scenario and/or patient chart, select the appropriate exercises techniques, parameters, and progression to meet the goals set by the Physical Therapist in the Plan of Care.
6. Given patient scenarios, including vital signs, cognition, and body language, select and alter treatment strategies, while safely staying within the plan of care.
7. Given patient scenarios, choose the appropriate medical terminology to describe chest expansion, air sounds, and cough and sputum characteristics.
8. Given Patient Care Plans and patient scenarios, identify appropriate treatments and those that are outside the legal, ethical, or academic scope of an entry level PTA.
9. Use healthcare literature to rationalize and justify exercise selections and condition specific protocols.
10. Recognize the significant role that common pharmaceuticals play in the treatment of physical therapy patients.
11. Make wheelchair recommendations based on patient conditions, prognosis, patient goals, and financial considerations.
12. Safely select common exercise techniques (stretching, strengthening, and endurance) based on standard, indications, precautions, and contraindications.

13. Understand the stages of healing (acute, sub acute and chronic and the treatment guidelines for each stage.
14. Recall the general guidelines and protocols for treating common orthopedic conditions.
15. Understand common surgical techniques in a way that allows knowledgeable communication with the patient regarding: procedures and typical rehabilitation expectations.
16. Understand the physiologic effects of diabetes in a way that allows for safe and effective treatment of patients with diabetes.
17. Identify the cardiac patient and understand the effects of cardiac disease in a way that allows for the safe administration of exercise techniques.
18. Understand the anatomic and physiologic changes associated with pregnancy, and alter common treatment techniques to safely and effectively treat the obstetric patient, while staying with in the plan of care.
19. Understand the physiologic and mechanical changes associated with pulmonary conditions in a way that allows for the safe and effective treatment of patients with various pulmonary conditions.
20. Describe the procedure and rationale for the performance of special test to assess common medical conditions.
21. Select common orthotics to meet the goals set by the PT.

THEORY AND TREATMENT TECHNIQUES LAB

1. Communicate verbally, through written home exercise programs, and via demonstration, how to perform a variety of common exercise programs, to the patient, caregiver, and other health care providers.
2. Verbally explain, in laymen's terms and medical terms, the rationale and physiological importance of every exercise that the patient is asked to perform.
3. Implement and assess the effectiveness of any basic treatment plan in a legal, safe, and ethical manner. To include:
 - a. Basic Breathing Exercises
 - b. Body Mechanics
 - c. Muscular and Cardiopulmonary Endurance
 - d. Postural Drainage
 - e. Posture Training
 - f. Range of Motion
 - g. Relaxation Exercises
 - h. Simple Orthotic Application
 - i. Simple Taping and Compression Dressings
 - j. Strengthening
 - k. Stretching
 - l. Wheelchair Mobility
4. Perform, instruct, and assess patients/caregivers in basic wheelchair maintenance.

5. Perform, instruct, and assess, via goniometric measurement, patients/caregivers in passive, active assistive, and active ROM techniques.
6. Perform, instruct, and assess, via MMT, patients/caregivers in a variety of strengthening exercises, including:
 - a. Circuit Training
 - b. DeLorme Technique
 - c. Electrical and Mechanical Devices
 - d. Free Weights
 - e. Hydraulics
 - f. Manual Resistance
 - g. Oxford Technique
 - h. Plyometrics
 - i. Pulley Systems
 - j. Thera-band and Thera-putty
7. Perform, instruct, and assess, via goniometric measurement, patients/caregivers in a variety of stretching protocols:
 - a. Active
 - b. Active inhibition techniques
 - c. Passive
8. Assess the safety and effectiveness of treatment strategies, using vital signs, cognition, skin appearance, pain and balance scales, and verbal and non-verbal patient communication.
9. Assist the therapist in the collection of pertinent patient information, such as:
 - a. Body fat composition
 - b. Height and weight
 - c. Limb length and girth
 - d. Muscle strength
 - e. Range of Motion
 - f. Special Tests
 - g. Vital signs
10. Safely apply and instruct the patient/caregiver in the use of common orthotics.
11. Assess the fit and effectiveness of a variety of common orthotics.
12. Assess the overall treatment session and the patient's medical status throughout the session, and progress, alter or discontinue the treatment as indicated, while staying within the plan of care.
13. Document and verbally communicate to the appropriate healthcare provider any changes in the patient's status and treatment session.
14. Accurately and thoroughly document each treatment session performed.
15. Under instructor supervision develop and instruct the nursing students in body mechanics and range of motion techniques.
16. Under instructor supervision, instruct and assess the effectiveness and tolerance to the Parkinson's exercise group.
17. Under the instructor's supervision, conduct and document the results of a scoliosis screening.

18. Sequence and safely implement an entire treatment session that includes modalities, exercises, gait training, and functional mobility, while staying within the plan of care.
19. Provide a sound rationale for the sequence of treatment and technique choices, and then relate those to the goals set by the physical therapist and the patient.
20. Perform special tests as indicated via the patient's condition and alter, progress, or withhold treatment as appropriate
21. Safely implement and modify common exercise protocols for patient with: Diabetes, Cardiac disease, pulmonary disease, chest or abdominal surgeries