

Northwest Arkansas Community College
Health Professions Division
Physical Therapy Assistant Program

Discipline Code

PHTA

Course Number

2112

Course Title

Basic PT Tests and Measures Lab

Catalog Description

This laboratory course provides skills for position, safety, palpation, and accurate assessment during goniometric measurement, functional manual muscle test procedures, and postural assessments to accompany PHTA 2114.

Prerequisites

Planned application to the Physical Therapist Assistant Program with completion of all PTA Program pre-requisites.

Credit Hours

2 credit hours

Contact hours

75 lecture contact hours

Load hours

6 load hours

Semesters Offered

Summer

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

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. Verbalize the visual assessment of the range of motion and muscle length at each major joint.
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. Palpate and verbally identify superficial muscles, tendons, ligaments, and various other landmarks needed to accurately assess posture, strength, and range of motion.
12. Recognize indications, precautions, and contraindications for manual muscle test and range of motion assessments.
13. Assess the strength of every major muscle group, using the standard manual muscle test and scoring.
14. Develop a patient chart for a classmate, which will include height, weight, vital signs, muscle length, ROM, and strength for all major muscle groups.
15. 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.
16. Demonstrate critical thinking skills to safely modify ROM and MMT positions, without compromising the validity of the test.
17. Assess Q-angle, and leg length.

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students can employ a variety of sources to locate, evaluate, and use Information.

- Students gain greater awareness of cultural perspectives.
- Students can write clear, coherent, well-organized documents, substantially free of errors.
- Students develop effective oral communication skills.