

**Northwest Arkansas Community College**  
Health Professions Division  
Physical Therapy Assistant Program

**Discipline Code**

PHTA

**Course Number**

2231

**Course Title**

Theory and Treatment Lecture

**Catalog Description**

This course provides the PTA student with a kinesiologically based approach to the clinical applications used in the treatment and rehabilitation of the client with orthopedic and related diagnoses. The focus is on safe, legal, ethical and appropriate use of therapeutic exercise and screening assessment procedures, including physiological and therapeutic effects and indications and contraindications.

**Prerequisites**

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

**Credit Hours**

1 credit hour

**Contact hours**

15 lecture contact hours

**Load hours**

1 load hour

**Semesters Offered**

Fall

**ACTS Equivalent**

None

**Grade Mode**

A-F

**Learning Outcomes**

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

1. Identify the following special care equipment a. ventilator b. tracheal tubes, c. nasal pharyngeal or oral tubes d. IVs e. swan-Ganz catheters f. urinary catheters g. feeding tubes h. ostomy devices i. skeletal traction
2. Demonstrate knowledge of exercise terminology that allows the student to identify and document exercises by their correct names.
3. Based on standard, indications, precautions, contraindications, patient strength and or flexibility, safely select common exercise techniques to meet physical therapy goals while staying within the plan of care. (ROM, Relaxation, stretching, strengthening, and endurance exercises)
4. Demonstrate knowledge of exercise terminology that allows the student to identify and document exercises by their correct names.
5. Based on standard, indications, precautions, contraindications, patient strength and or flexibility, safely select common exercise techniques to meet physical therapy goals while staying within the plan of care. (ROM, Relaxation, stretching, strengthening, and endurance exercises)
6. Provide sound physiologic and/or kinesiology rationales for a variety of common exercise protocols. (AROM, AAROM, PROM, aerobic conditioning, Codman's, Williams flexion, McKenzie, pelvic stabilization, postural imbalances, relaxation, scoliosis, TMJ, total joint, wand exercise, and a variety of other common techniques and protocols)
7. Identify the mechanism of injury, indications, precautions, contraindications, and symptoms for a variety of common orthopedic conditions.
8. Apply guidelines and protocols for treating common orthopedic conditions, and be able to progress patients based on such protocols, while staying within the POC.
9. Understand common surgical techniques in a way that allows knowledgeable communication with the patient regarding: procedures and typical rehabilitation expectations.
10. Use healthcare literature to rationalize and justify exercise selections and condition specific protocols.
11. Recognize the role of common pharmaceuticals play in the treatment of physical therapy patients.
12. 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.

### **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.