

Northwest Arkansas Community College
Health Professions Division
Physical Therapy Assistant Program

Discipline Code

PHTA

Course Number

2232

Course Title

Theory and Treatment Techniques Lab

Catalog Description

This laboratory course provides the PTA student skills to provide safe, legal, ethical and appropriate use of therapeutic exercise and screening assessment procedures, including physiological and therapeutic effects and indications and contraindications for treatment and rehabilitation of the client with orthopedic and related diagnoses. It accompanies PHTA 2231 and requires a high level of critical thinking skills related to implementing and modifying physical therapy interventions.

Prerequisites

A list of required general education courses for each program is available on the PTA website and must be passed with a grade of C or better for students to be considered eligible for acceptance into the PTA program

Credit Hours

2 credit hours

Contact hours

90 lab contact hours

Load hours

6 load hour

Semesters Offered

Fall

Grade Mode

A-F

Learning Outcomes

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

1. Utilize safe body mechanics while performing all physical therapy interventions.
2. Assess and instruct mock patients, and other medical personnel in proper body mechanics and simple ergonomics or energy conservation/ joint protection techniques.

3. Given a case scenario and mock patient, recognize cultural and individual differences, and develop a comprehensive home exercise program to meet the goals set by the patient and physical therapist.
4. Utilize proper positioning and draping techniques to provide comfort, stability, and modesty during various physical therapy interventions.
5. Perform, teach, and assess Passive Range of Motion techniques utilizing both straight and combined patterns, Active Assistive techniques utilizing manual, and mechanical assistance, and Active Range of Motion.
6. Safely transport mock patients in wheelchairs on level and uneven surfaces, and instruct in independent wheelchair propulsion using bilateral upper extremities, bilateral lower extremities, and or unilateral upper and lower extremities.
7. Assess the fit of standard wheelchairs, and given case scenario, identify or recommend specialized chairs or cushions that may be appropriate for various conditions.
8. Demonstrate knowledge or contraindications/precautions on the following equipment while working on AROM/PROM 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
9. Assist the therapist in the collection of pertinent patient information, such as: (Height and weight, limb length, girth, muscle strength, ROM, Special tests, and vital signs)
10. Safely set up and utilize common aerobic equipment: (stationary bicycles, treadmills, elliptical equipment.)
11. Demonstrate a knowledge of Relaxation techniques that enables the student PTA to identify indications, and techniques; as well as to instruct mock patients in general relaxation exercises.
12. Perform, instruct, and assess, via MMT, patients/caregivers in a variety of strengthening exercises, including: (circuit training, DeLorme, Electrical and Mechanical devices, free weights, manual resistance, Oxford, plyometrics, pulley systems, thera-band and putty, and common gym equipment)
13. Perform, instruct, and assess, via goniometric measurement, patients/caregivers in a variety of stretching protocols: (Active, Active inhibition, Passive, and Self stretching techniques)
14. Assess the safety and effectiveness of treatment strategies, using vital signs, ROM, strength, cognition, skin appearance, pain and balance scales, and verbal and non- verbal patient communication.
15. Perform, instruct in, and assess patient tolerance of aerobic conditioning exercises, utilizing vital signs, exertion scales, and apnea scales)
16. Communicate verbally, with an HEP, and via demonstration, how to perform a variety of common exercise programs, to the patient, caregiver, and other health care providers
17. Demonstrate knowledge of core strength and exercise progression that allows the patient to safely alter and progress exercises while staying within the plan of care.
18. Utilize the knowledge of normal arthrokinematics, for the shoulder, hip, and knee, to perform PROM and stretching for specific orthopedic conditions of these joints.
19. Sequence and safely implement an entire treatment session that includes modalities, exercises, gait training, and functional mobility, while staying within the plan of care.
20. Provide a sound rationale for the sequence of treatment and technique choices, and then relate those to the PT and patient goals, patient condition, stage of healing, treatment cost, and environment.
21. Given patient scenario select, apply, and assess the fit of common orthotics, braces, and simple taping techniques, and instruct the patient and or care giver in the use and care of such orthotics, as indicated and specified in the plan of care.
22. Accurately document each treatment session performed.
23. Perform special tests as indicated by the patient's condition and alter, progress, or withhold treatment as appropriate and indicated within the POC.
24. Given an initial evaluation select, implement, and assess the effectiveness and safety of basic treatment strategies for common orthopedic conditions of the TMJ, spine, shoulder, elbow, wrist, hand, hip, knee, ankle, and foot.

25. 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.
26. Document and verbally communicate to the PT or appropriate healthcare provider any changes in the patient's status and treatment session.

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.