PTA 5 Therapeutic Exercise

As evidenced by successful completion of written and practical examinations, lab activities, assignments, research article reviews, and the role playing and analysis of clinical scenarios, the student will:

1.0 Apply principles of therapeutic exercise.

1.1 Identify the principles of range of motion, resistive exercise and manual muscle testing.

1.2 State the general principles of exercise including endurance, power, cardiovascular effects, and psychomotor considerations.

1.3 State the indications and contraindications to therapeutic exercise.

1.4 Identify the effects of pain on therapeutic exercise.

1.5 Identify components of an exercise program.

1.6 State the criteria for progressing a patient’s exercise program.

1.7 Identify principles of passive stretching, including self-stretching.

1.8 List the indications and contraindications of passive stretching.

1.9 Discuss physiological and psychological impacts on therapeutic exercise.

1.10 Differentiate the various modes of range of motion including: active, assistive and passive.

1.11 Describe the rationale for the selection of various range of motion techniques, while recognizing normal and abnormal patient movement.

1.12 Distinguish the various types of resistive exercise including: manual resistance, isotonic, isometric, isokinetic and open and closed chain.

1.13 Discuss the indications and contraindications of resistive exercise, range of motion and manual muscle testing.

1.14 Monitor patients’ endurance while performing therapeutic exercise and alter treatment appropriately.

1.15 Distinguish the differences in manual muscle testing grades.

1.16 Outline the procedures in manual muscle testing.

1.17 Perform manual muscle testing for upper and lower extremity musculature using standard techniques and hand held digital dynamometers.

1.18 Correlate different exercise regimens with mechanical principles influencing effectiveness.
1.19 Define and discuss the principles of aerobic exercise and conditioning.

1.20 List the beneficial effects of aerobic exercise.

1.21 List indications and contraindications of aerobic exercise.

1.22 Implement aerobic exercise activities to enhance general fitness.

1.23 Perform aerobic therapeutic exercise appropriate for the cardiovascular impaired patient.

1.24 Recognize signs and symptoms of distress (cardio-pulmonary, fatigue, etc.) associated with the performance of therapeutic exercise activities.

2.0 Implement therapeutic exercise treatments for upper and lower extremities.

2.1 Identify proper technique in range of motion activities and manual muscle testing.

2.2 Identify therapeutic exercise equipment commonly used in physical therapy practice.

2.3 State the rationale for therapeutic exercise.

2.4 Outline the techniques of therapeutic exercise as applied to different regions of the body.

2.5 Describe factors affecting outcomes of therapeutic exercise.

2.6 Describe the factors affecting selection of therapeutic exercise equipment.

2.7 Implement therapeutic exercise and stretching techniques and concepts.

2.8 Demonstrate proper technique in range of motion and resistive exercise techniques.

2.9 Demonstrate safe use of therapeutic exercise equipment.

2.10 Perform various resistive exercise including: manual resistance, isotonic, and isokinetic activities during patient scenarios.

3.0 Given patient scenarios, implement comprehensive physical therapy treatment.

3.1 List effective strategies in teaching therapeutic exercise techniques.

3.2 Explain patient response to therapeutic exercise.

3.3 Link pathological conditions and patient problems with appropriate therapeutic exercises and exercise equipment.
3.4 Perform therapeutic exercise techniques identifying the role of the physical therapist assistant in rehabilitation.

3.5 Perform therapeutic techniques appropriately employing universal precautions and sound body mechanics.

3.6 Perform therapeutic techniques demonstrating an understanding of organizational structure, levels of authority, and fiscal considerations of the health care delivery system.

3.7 Demonstrate proper manual muscle testing technique while considering pathological conditions.

3.8 Select appropriate therapeutic exercise based on manual muscle testing results

3.9 Implement thermal modalities in conjunction with therapeutic exercise techniques.

3.10 Describe rationale when selecting therapeutic exercise activities, considering specific characteristics of pathological conditions.

3.11 Identify patient progress as it relates to the achievement of short term goals.

3.12 Teach the uses, applications and responses of therapeutic exercise and therapeutic exercise concepts to patient, family and other healthcare workers with emphasis on safety and rationale as directed by the physical therapist.

3.13 Demonstrate the adjunctive nature of therapeutic exercise by integrating their use in complete treatment applications.

3.14 Implement therapeutic interventions within the plan of treatment considering knowledge of assessment and measurement (including goniometry), functional activity, modality and therapeutic exercise skills.

3.15 Implement therapeutic interventions within the plan of treatment demonstrating consideration of time management, therapeutic sequence and procedure selection issues.

3.16 Implement physical therapy treatments for a variety of patient types including: orthopedic, neurological, and general deconditioned patients in a variety of settings.

3.17 Demonstrate appropriate documentation of therapeutic exercise treatments considering patient response, treatment parameters, long/short term goals, and effectiveness.

3.18 Perform physical therapy treatments considering influencing factors (psychosocial, cultural, economic, legal/ethical, etc.).

3.19 Assist in discharge planning and alternative levels of care decision making with supervising physical therapist.
3.20 Associate patient verbal and non-verbal response with effectiveness of therapeutic exercise procedures employed.

3.21 Communicate to supervising physical therapist the patient response to therapeutic exercise.

3.22 Deduce the effectiveness of therapeutic exercise considering pathological conditions, attainment of short term goals and the patient’s overall response.

3.23 Assess patient response to treatment and appropriately alter therapeutic intervention within the plan of treatment.

3.24 Verify the effectiveness of his/her teaching behavior by analyzing performance.

3.25 Delineate the beneficial and untoward effects of therapeutic exercise.

3.26 Analyze the relationship of therapeutic exercise with other therapeutic procedures (modalities, range of motion, functional activities) as they relate to the achievement of rehabilitation goals.

3.27 Recognize patient response(s) that require the attention of the supervising physical therapist or immediate interventions such as basic first aid or cardiopulmonary resuscitation.

4.0 Demonstrate the ability to express ideas in writing.

4.1 Perform free write assignments.

4.2 Summarize and analyze academic experiences.

4.3 Effectively organize thoughts and ideas.

5.0 Demonstrate appropriate professional behavior.

5.1 Attend and be on time for class, lab, and scheduled appointments.

5.2 Be prepared for lab activities; attend to assigned tasks.

5.3 Accept constructive criticism and respond or follow through appropriately.

5.4 Express self in a clear and easily understood manner.

5.5 Maintain appropriate personal hygiene.

5.6 Treat others with positive regard, dignity, and respect.
5.7 Analyze and examine professional literature considering: specific scientific methods, interpretation of results, and clinical significance, in order to foster further personal investigation and clinical effectiveness.

5.8 Explain the importance of lifelong learning.

5.9 Describe how professional development can occur.