

PTA 004: THERAPEUTIC PROCEDURES II

Originator

bkfitzpatrick

Co-Contributor(s)**Name(s)**

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Justification / Rationale

Modifications were necessary to the course title, description and content to align with CAPTE requirements

Effective Term

Fall 2022

Credit Status

Credit - Degree Applicable

Subject

PTA - Physical Therapist Assistant

Course Number

004

Full Course Title

Therapeutic Procedures II

Short Title

THERA PROC II

Discipline**Disciplines List**

Physical Therapy Assisting

Modality

Face-to-Face

Catalog Description

This course is a continuation of Therapeutic Procedures I. The course is a study on the principles, procedures, and rationale behind physical therapy intervention most commonly performed in the outpatient setting. Upon completion, the student will be able to demonstrate safe and effective delivery of all taught interventions.

Limitation on enrollment: Admission to the Physical Therapist Assistant (PTA) Program

Schedule Description

Principles, procedure and rationale behind physical therapy intervention most commonly performed in the outpatient setting.

Prerequisite: PTA 001 & 003

Advisory: ENG 061

Limitation on enrollment: Admission to the Physical Therapist Assistant (PTA) Program

Lecture Units

2

Lecture Semester Hours

36

Lab Units

2

Lab Semester Hours

108

In-class Hours

144

Out-of-class Hours

72

Total Course Units

4

Total Semester Hours

216

Prerequisite Course(s)

Prerequisite: PTA 001, PTA 003

Advisory: ENG 061

Limitation on Enrollment

Admission to the Physical Therapist Assistant (PTA) Program

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Kisner, Carolyn, Colby, Lynn Allen, Borstad, John

Title

Therapeutic Exercise

Edition

6th ed.

Publisher

F.A. Davis Company

Year

2016

College Level

Yes

Flesch-Kincaid Level

N/A

ISBN #

978-0803658509

Resource Type

Book

Author

O'Sullivan, S.B. and Schmitz, T.J.

Title

Improving Functional Outcomes in Physical Rehabilitation

Edition

2nd ed.

Publisher

F.A. Davis Company

Year

2017

College Level

Yes

Flesch-Kincaid Level

N/A

Class Size Maximum

25

Entrance Skills

Identify and employ prewriting activities.

Requisite Course Objectives

ENG 061-Use theses to organize paragraphs into coherent analyses.

Entrance Skills

Comprehend and summarize readings.

Requisite Course Objectives

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Entrance Skills

Generate, develop, and organize ideas in writing.

Requisite Course Objectives

ENG 061-Recognize features of style such as purpose, audience and tone integrate these elements into academic and professional writing.

Entrance Skills

Knowledge of applicable therapeutic exercises in order to build rehabilitation program.

Requisite Course Objectives

PTA 003-Define and identify the various therapeutic exercises used for rehabilitation.

Entrance Skills

Ability to document using SOAP (Subjective, Objective, Assessment, Plan) notes.

Requisite Course Objectives

PTA 001-Demonstrate ability to accurately document as needed by state practice acts, practice setting and other regulatory agencies including for billing and payment purposes.

Entrance Skills

Knowledge of diverse patient populations to conduct consultations.

Requisite Course Objectives

PTA 001-Exhibit professional attitude consistent with Guide for Conduct of the PTA and Standards of Ethical Conduct and recognize abuse with appropriate reporting.

PTA 001-Illustrate effective communication with all stakeholders: patients, family members, caregivers, practitioners, interprofessional team members, consumers, payers and policy makers, all while considering their differences, values, preferences and expressed needs.

PTA 003-Illustrate proper patient education on body mechanics and technique when performing functional training in self-care and in domestic, education, work, community, social and civic life while performing in a competent and ethical manner.

Entrance Skills

Describe proper procedure and chain of command when working in a client setting.

Requisite Course Objectives

PTA 003-Explain and demonstrate best practice as laid out in the POC for motor function training, therapeutic exercise utilized in the inpatient setting and communicate changes with Physical Therapist and Healthcare team as it pertains to short-term goals, long-term goals, and outcomes.

PTA 003-Participate in the provision of patient-centered interprofessional collaborative care as it relates to the discontinuation of care planning and follow-up processes as directed by the supervising physical therapist for patients in the inpatient setting.

Course Content

1. Understanding and Implementation of Program Design
2. Therapeutic Exercise
3. Therapeutic massage
4. Joint mobilizations
5. Modalities
 - a. Ultrasound
 - b. Electrical Stimulation
 - c. Cryotherapy
 - d. Heat
6. Orthopedic Injuries
7. Proprioception/Balance Programs
8. Spinal Rehabilitation Programs
9. Principles of Aerobic Conditioning
10. Post Operative Protocols
11. Problem Solving
12. Case Studies

Lab Content

1. Therapeutic exercise
2. Therapeutic massage
3. Joint mobilization
4. Modalities
 - a. Ultrasound
 - b. Electrical Stimulation
 - c. Cryotherapy
 - d. Heat
5. Spinal Stabilization Programs and Spinal Exercises
6. Aerobic testing
7. Return to work testing
8. Patient education
9. Case Studies/Student Presentations

Course Objectives

	Objectives
Objective 1	Demonstrate and describe effective manual therapy techniques, such as passive range of motion, therapeutic massage, joint mobilization and therapeutic exercise.
Objective 2	Explain safe and effective use of biophysical agents, cryotherapy, hydrotherapy, superficial and deep thermal agents, biofeedback, electrotherapeutic agents, compression and demonstrate proper use and identify contraindications.
Objective 3	Demonstrate patient education skills to explain selection of interventions prescribed by physical therapist in POC.
Objective 4	Demonstrate ability to recognize normal and abnormal joint movement, trunk and extremities alignment and ROM.
Objective 5	Illustrate ability to document physical therapy treatment results in SOAP (Subjective, Objective, Assessment and Plan) notes and grid formats.

Objective 6 Interview patient, caregivers, and family to obtain current information related to prior and current level of function, general health and pain then relate information to short and long-term goals and discontinuation of episode of care planning with utilization of pain questionnaires as well.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

- Outcome 1 Utilize knowledge of injury presentations to implement safe and effective treatments.
 Outcome 2 Explain how to utilize post operative protocols and procedures for safe and effective treatments.
 Outcome 3 Utilize exercise, massage and mobilization interventions properly with various patients.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Collaborative/Team	Cohort model used in class to collaborate on case studies.
Demonstration, Repetition/Practice	Instructor demonstrations relating to specific topic including practicing field note documentation.
Discussion	Students begin in small groups to familiarize themselves with topics and then share concepts with the larger group to develop deeper understanding of topic.
Laboratory	Specific interactive lab activities pertaining to learning unit materials to test skills learned.
Lecture	Interspersed into course material with modules on physical therapy protocols.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	SOAP (Subjective, Objective, Assessment, Plan) notes for therapeutic exercise programs (a minimum of 6 hours for weekly written homework).	In and Out of Class
Mid-term and final evaluations	Exams used to check for learning. Quizzes will be given to prepare for exams.	In Class Only
College level or pre-collegiate essays	A minimum of three case studies are required.	In and Out of Class
Reading reports	Article discussion reports collected weekly on assigned readings.	In and Out of Class

Assignments

Other In-class Assignments

Projects, Activities, and other Assignments

1. Development of therapeutic exercise programs.
2. Role play of patient/therapist interactions in lab.

Writing Assignments

1. SOAP (Subjective, Objective, Assessment, and Plan) notes documenting physical therapy treatment in lab.

Other Out-of-class Assignments

Reading Assignments

1. Assigned reading from text.
2. Online journal articles and websites.

Writing Assignments

1. Written homework based on chapters in text.

Grade Methods

Letter Grade Only

MIS Course Data

CIP Code

51.0806 - Physical Therapy Technician/Assistant.

TOP Code

122200 - Physical Therapist Assistant

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Not transferable

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Files Uploaded

Attach relevant documents (example: Advisory Committee or Department Minutes)

2017 - Meeting Notes - 05-16-17.pdf

LMI_Physical Therapy_Dec2017.pdf

PTA 004 CO Approval Letter.pdf

Approvals

Curriculum Committee Approval Date

03/17/2022

Academic Senate Approval Date

03/24/2022

Board of Trustees Approval Date

04/22/2022

Chancellor's Office Approval Date

05/06/2022

Course Control Number

CCC000631403