COURSE INFORMATION FORM

DISCIPLINE: Physical Therapist Assistant

COURSE TITLE: Therapeutic Exercise

CR.HR: 4.0  LECT HR: 2.0  LAB HR: 4.0  CLIN/INTERN HR: 4.0  CLOCK HR: 0.0

CATALOG DESCRIPTION
Introduction to the theory and principles of application of therapeutic exercise including patient instruction, manual techniques and equipment commonly used by the physical therapist assistant in carrying out the plan of care as established by the supervising physical therapist. Field trips as required.

PREREQUISITES
PTHA 162 Clinical Experience I

EXPECTED STUDENT OUTCOMES IN THE COURSE (ESO)
Upon completion of this course, the student will be able to:

1. Explain and apply principles of therapeutic exercise: proper application, indications and contraindications, progression, methods of monitoring and modification to meet designated goals.

2. Apply principles of application of exercise to all areas of the body and musculature after integrating knowledge of kinesiology and pathology.

3. Safely implement exercise programs to achieve goals identified in the physical therapy plan of care within the scope of practice of the physical therapist assistant (graded according to performance checklist) including: appropriate consultation with physical therapist, treatment preparation, basic patient care skills, competently and efficiently applying therapeutic exercise techniques to achieve goals in plan of care, providing patient education, modifying treatment appropriately in response to patient monitoring, and written documentation.

4. Identify appropriate therapeutic exercise strategies for common orthopedic and medical diagnoses and rationale for treatment.

5. Apply postural drainage and other pulmonary techniques.
GENERAL EDUCATION OUTCOMES (ESO)

Specify which general education outcomes, if any, are substantially addressed by the course. Numbers in parentheses identify the Expected Student Outcomes linked to the specific General Education Outcome.

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>(ESO)</th>
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<tbody>
<tr>
<td>1. Communication</td>
<td></td>
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<tr>
<td>A. Listening and Speaking Skills</td>
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<tr>
<td>6. Demonstrate basic communication skills, both vocally (volume, rate, articulation, variety) and non-verbally (posture, eye contact, use of face and hands)</td>
<td>(3)</td>
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<td>B. Reading Skills</td>
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<td>5. Draw appropriate conclusions</td>
<td>(3)</td>
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<td>6. Make valid generalizations and apply information</td>
<td>(3)</td>
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<td>2. Critical Thinking</td>
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<tr>
<td>B. Define, analyze, and evaluate information, materials and data</td>
<td>(3)</td>
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<tr>
<td>4. Integrate information and see relevant relationships that broaden and deepen understanding</td>
<td>(3)</td>
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<tr>
<td>5. Natural and Physical Sciences</td>
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<td>D. Describe and apply current theoretical explanations of the nature, organization and evolution of living systems</td>
<td>(1,2,4)</td>
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PROGRAM-LEVEL OUTCOMES

CAREER AND TECHNICAL EDUCATION PROGRAM OUTCOMES

Specify which Career and Technical program outcomes, if any, are substantially addressed by the course by completing the “Career and Technical Education template” to show the relationship between course and program outcomes to assessment measures.

1. Communicates effectively (3)

3. Competently implements the physical therapy plan of care (1,2,3,4,5)

CLASS-LEVEL ASSESSMENT MEASURES

Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

1. Written examinations and quizzes (1,2,4)

2. Assignments (1,2,4)

3. Competency checks and practical examinations (3,5)
I. General guidelines for exercise programs in the physical therapy plan of care

II. Techniques that maintain or improve joint range of motion and muscle flexibility
   A. Passive range of motion
   B. Passive mobilization introduction
   C. Stretching
   D. Overview of muscle energy and mobilization with movement

III. Exercise to improve motor function
   A. Isometrics
   B. Active assistive range of motion and facilitation techniques
   C. Active Exercise
      1. Bed level exercise
      2. Wheelchair level
      3. Balance
         (a) Standardized functional testing
         (b) Static and dynamic balance measures
         (c) Exercise for static and dynamic balance
      4. Functional exercise
   D. Resistive Exercise
   E. Exercise to increase speed, coordination, agility and power

IV. Aerobic Exercise
V. Aquatic Exercise
VI. Relaxation exercise

VII. Exercise programs associated with common diagnoses: common problems, exercises, precautions and contraindications
   A. Generalized conditions
      1. Osteoporosis
      2. Fractures
      3. Arthritis
   B. Ankle
      1. Fractures
      2. Sprains
   C. Knee
      1. Patellofemoral dysfunction
      2. Meniscal repair and removal
      3. Conservative and post-op ligament
      4. Total knee replacement
   D. Hip
      1. Open reduction internal fixation
2. Total hip replacement

E. Spine
   1. Postural dysfunctions
   2. Acute and chronic spinal disorders

F. Shoulder
   1. Thoracic outlet
   2. Adhesive capsulitis
   3. Fractures
   4. Glenohumeral instability
   5. Rotator cuff tendonitis/impingement and tears
   6. Total shoulder replacement

G. Elbow
   1. Fractures
   2. Lateral epicondylitis

H. Wrist and hand
   1. Reflex sympathetic dystrophy syndrome
   2. Fractures
   3. Carpal tunnel
   4. Tenosynovitis
   5. Other

I. Miscellaneous
   1. Pulmonary disorders
   2. Specific neurologic disorders-Parkinsons, Multiple Sclerosis
   3. Women’s health
   4. Cancer
   5. Blood values and exercise