

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY

PTH 121 - THERAPEUTIC PROCEDURES I (5 CR.)

Course Description

Prepares the students to properly and safely administer basic physical therapy procedures utilized by physical therapist assistants. The procedures include therapeutic modalities. Procedures may include therapeutic exercise, electrotherapy and cardiopulmonary rehabilitation. Part I of II. Lecture 3 hours. Laboratory 6 hours. Total 7 hours per week. 5 credits

General Course Purpose

This course prepares the student to apply therapeutic modalities, goniometry and therapeutic massage skills. Further, it provides the student with the background to determine applicability of the stated procedures, e.g., the patient assessment skills to determine safety, indication of the procedures, as well as the skills to assess the success of the treatment administered. Proper documentation and communication of the treatment application and patient outcome is included.

Course Prerequisites/Corequisites

Prerequisites:

1. Admission into the Physical Therapist Assistant Program
2. Concurrent enrollment or successful completion of PTH 151
3. concurrent enrollment in PTH 105

Course Objectives

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

- Assess a client for and identify indications and contraindications related to the application of basic therapeutic modalities, goniometry and therapeutic massage
- Demonstrate safe, accurate and effective technique in the delivery of basic therapeutic modalities, goniometry and therapeutic massage in either simulated or actual patient situations
- Accurately document all aspects of treatment intervention, including client response, utilizing proper format
- Model professional demeanor and adhere to the apta's standards of ethical conduct for the physical therapist assistant in simulated and actual client treatment situations

Major Topics to be Included

- Superficial and deep heat modalities
- Cryotherapy
- Edema management
- Mechanical traction
- Pain
- Musculoskeletal pathologies restricting motion
- Clean technique and bandaging
- Standard precautions and infection control
- Goniometry
- Therapeutic massage
- Documentation

- Communication
- Basic patient assessment skills

Extra Topics (Optional)

- Therapeutic exercise related to specific modality or goniometric applications
- Myofascial release techniques