

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY **PTH 122 - THERAPEUTIC PROCEDURES II (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 II of II. Lecture 3 hours. Laboratory 4-6 hours. Total 7-9 hours per week. 5-6 credits.

General Course Purpose

This course prepares the student to apply therapeutic exercise, electrotherapeutic agents and cardiovascular and pulmonary rehabilitation techniques under the direction and supervision of a physical therapist. This course provides the student with the knowledge and skills to use clinical judgment in data collection and interventions related to electrotherapy, therapeutic exercise and cardiovascular and pulmonary rehabilitation procedures. Students will utilize patient assessment skills to determine safety, progression of a patient's treatment within the plan of care, as well as the success of the treatment administered. Students will continue to reinforce the clinical judgment process of understanding a plan of care, addressing patient changes in status for referral back to the PT or modification of interventions within the plan of care. Proper documentation and communication with the PT will be addressed as well.

Course Prerequisites/Corequisites

Prerequisites:

1. PTH 105, PTH 121, PTH 151
2. Concurrent enrollment PTH 115

Course Objectives

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

- Design, implement, monitor and progress therapeutic exercise programs based upon a developed plan of care
- Demonstrate skill application of techniques utilized in the treatment of selected cardiac and respiratory conditions
- Educate a patient in prudent lifestyle management/modification and health promotion in accordance with the physical therapy diagnosis and plan of care
- Identify indications and contraindications related to the application of electrotherapy interventions, therapeutic exercise and cardiopulmonary interventions
- Demonstrate safe, accurate and effective skill in the delivery of electrotherapy interventions
- Accurately document all aspects of treatment intervention, including patient response, and the use of outcome assessment forms in a timely fashion

Major Topics to be Included

A. Therapeutic exercise techniques including:

- basic conditioning exercises
- progressive resistive exercises
- use of available exercise equipment to increase strength and flexibility
- isokinetic exercise
- passive and active stretching techniques
- selected exercise protocols, e.g., THR, TKR

- balance assessment and exercises
- peripheral joint mobilization
- a) B. Therapeutic exercise program design and progression based upon the PT plan of care
- b) C. Health promotion and wellness
- c) D. Patient education including lifestyle modification strategies and injury prevention
- d) E. Home exercise program design, implementation and modification
- e) F. Skilled and safe use of therapeutic exercise equipment
- f) G. Electrotherapy
- g) H. Pulmonary Rehabilitation
- h) Cardiac Rehabilitation

Extra Topics (Optional)

- Open heart surgery
- Pulmonary pathology
- Cardiac pathology
- Aquatic exercise