

Virginia Western Community College

PTH 122

Therapeutic Procedures II

Prerequisites

PTH 121 and PTA program placement

VCCS 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.

VWCC Discipline Specific Course Description

See above

Semester Credits: 5

Lecture Hours: 3

Lab Hours: 4

Required Materials

Textbook

- *Principles of Therapeutic Exercise for Physical Therapist Assistant, 1st edition, by Jacki Klaczak Kopack and Karen A. Cascardi; ISBN: 978-1-63091-353-3.*
- *Therapeutic Agents for the Physical Therapist Assistant, 1st edition by Jennifer Memolo; ISBN: 9781630912420*
- *Goodman and Marshall's Recognizing and Reporting Red Flags for the Physical Therapist Assistant, 2nd Edition, by Charlene Marshall; ISBN: 9780323878791*
- *Integumentary System Essentials for the Physical Therapist Assistant, 1st Edition, by Janice Lwin; ISBN: 9781264550777*

Other Materials

1. No additional materials

Note to Instructors

- This course should follow all PTA program policies.

VWCC AND DISCIPLINE SPECIFIC OUTCOMES

At the completion of this course, students will be able to correctly:

- Identify physical therapy assessment techniques and treatment interventions for musculoskeletal conditions involving the spine and peripheral nerves.
- Design an evidence-based treatment session and treatment progression for a mock patient with a musculoskeletal condition of the spine, utilizing interventions from within the physical therapist's plan of care.
- Demonstrate competence in performing a physical therapy treatment session for mock patient with a musculoskeletal condition of the spine.
- Demonstrate the ability to appropriately adjust a treatment session for a simulated patient with musculoskeletal conditions of the spine due to a change in patient status and communicate this change to the supervising physical therapist.
- Recognize red flag signs and symptoms for patients with spinal conditions which would result in stopping treatment and initiating communication with the supervising physical therapist or other healthcare providers.
- Recognize principles of work conditioning and ergonomics.
- Identify the impact of OSHA on workplace environments.
- Identify the impact of a work-related function on the physical therapy treatment approach.
- Recognize the concepts of physics related to physical agents.
- Differentiate the physiological effects of physical agents utilized in physical therapy.
- Determine normal and abnormal skin changes related to the application of biophysical and electrotherapeutic agents.
- Detect a patient's cognitive status to determine appropriate use of biophysical and electrotherapeutic agents.
- Compare the different modes of heat transfer.
- Identify the indications, contraindications, precautions, and parameters for the following biophysical agents:
 - Cryotherapy (cold packs and ice massage)
 - Superficial heat (hot packs and paraffin)
 - Therapeutic ultrasound
 - Compression
 - Mechanical spinal traction (cervical and lumbar)
 - Hydrotherapy
 - Laser
 - Diathermy
 - Fluidotherapy
- Demonstrate competence in administering the following biophysical agents:
 - Cryotherapy (cold packs and ice massage)
 - Superficial heat (hot packs and paraffin)
 - Therapeutic ultrasound
 - Compression
 - Mechanical spinal traction (cervical and lumbar)

- Demonstrate competent assessment of skin integrity, sensation, and pain prior to the application of a physical agent.
- Demonstrate competence in performing accurate measurement of limb girth to determine impact of compression therapies.
- Identify the indications, contraindications, precautions and parameters for common electrotherapeutic agents including:
 - Biofeedback
 - TENS
 - Interferential current
 - NMES
 - Iontophoresis
 - High Volt
- Display competence in administering the following electrotherapeutic agents:
 - TENS
 - Interferential current
 - NMES
 - High Volt
- Outline the utilization of physical agents for the treatment of wounds.
- Recognize the indications, contraindications, and principles of therapeutic massage.
- Demonstrate competence in performing therapeutic massage and common soft tissue mobilization.
- Identify the indications, contraindications, and parameters for common physical therapy taping interventions.
- Recognize the indications, contraindications, and principles of joint mobilization.
- Demonstrate competence in performing grade I-II peripheral joint mobilization.
- Recognize when manual therapy techniques are beyond the scope of a physical therapist assistant.
- Determine when a physical agent should not be performed due to clinical indications or a change in patient status.
- Complete an accurate review of a health record prior to a treatment session involving a physical agent.
- Compose an accurate SOAP note for a simulated treatment session involving a physical agent, including the patient's response to treatment.
- Accurately apply billing information to a treatment involving a physical agent.
- Identify when to consult the supervising physical therapist regarding the use of physical agents.
- Design an evidence-based physical agent treatment session and treatment progression, utilizing interventions from within the physical therapist's plan of care.
- Demonstrate competence in performing a complete physical therapy treatment session for a patient with an orthopedic diagnosis utilizing data collection methods, therapeutic exercise, and physical agents included in the physical therapist's plan of care.

- Select appropriate modifications to treatment approaches when acting in consideration of patient differences, values, presences, and needs.
- Demonstrate competence in providing effective patient education related to the use and impact of physical agents.
- Identify signs of suspected cases of fraud and abuse related to the utilization of and payment for physical agents in a physical therapy setting and reporting responsibilities and steps.
- Display appropriate professional behaviors in all interactions with classmates and instructors by displaying least five professional behaviors at least at an intermediate level and displaying all other professional behaviors at least at a beginning level.
- Apply concepts related to the responsibilities and legal aspects of direction and supervision in physical therapy practice through participation in a collaborative event with Doctor of Physical Therapy Students.

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

This course will cover the following topics:

- Common musculoskeletal conditions and surgeries related to the spine and peripheral nerves, including appropriate physical therapy assessment techniques and treatment interventions.
- Work conditioning and ergonomics.
- Indications, contraindications, and application of common physical agents used in physical therapy practice including:
 - Cryotherapy (cold packs and ice massage)
 - Superficial heat (hot packs and paraffin)
 - Therapeutic ultrasound
 - Compression
 - Mechanical spinal traction (cervical and lumbar)
 - Hydrotherapy
 - Laser
 - Diathermy
 - Fluidotherapy
 - Biofeedback
 - TENS
 - Interferential current
 - NMES
 - Iontophoresis
 - High Volt
 - Therapeutic massage.
 - Taping
 - Joint mobilizations

- Documentation and billing related to the use of physical agents in physical therapy practice.
- PT-PTA communication and working under a plan of care relating to treatment of the spine and use of physical agents.

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)