

## Master Syllabus

### PTA 1129 - Therapeutic Exercise

**Division:** Health Sciences

**Department:** Rehabilitation Services

**Credit Hour Total:** 4.0

**Lecture Hrs:** 1.0 **Lab Hrs:** 9.0

**Prerequisite(s):** PTA 1116

**Other Prerequisite(s):** AND Restricted to Majors

**Date Revised:** April 2013

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### Course Description:

Theory of and clinical rationale for the use of basic therapeutic exercises, functional activities and orthopedic special tests, with application of these procedures to a general population and to those with common orthopedic and musculoskeletal diagnoses of the upper and lower extremities. One classroom, nine lab hours per week.

### General Education Outcomes:

- ▣ Critical Thinking/Problem Solving Competency
- ▣ Written Communication Competency
- ▣ Oral Communication Competency

### Course Outcomes:

#### Orthotics and braces

Identify and understand the appropriate use and general precautions associated with common orthotics and braces utilized in the care of musculoskeletal injuries.

**Assessment Method:** Focus groups

**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Online and in-class quizzes and exams (77% or better)

**Assessment Method:** Simulations

**Performance Criteria:**

Lab practicals (77% or better)

#### Documentation

Document simulated patient interactions and treatments utilizing a Subjective, Objective, Assessment, and Plan (SOAP) note format.

**Assessment Method:** Focus groups

**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Simulations

**Performance Criteria:**

Lab practicals (77% or better)

#### Constructive feedback

Provide constructive feedback to peers while performing Peer Case Reviews and when role-playing patient.

**Assessment Method:** Focus groups

**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Simulations

**Performance Criteria:**

Lab practicals passed with 77%

**Assessment Method:** Written surveys and/or questionnaires

**Performance Criteria:**

Peer case reviews feedback forms (77% or better)

#### Health and wellness

Demonstrate ability to assess level of health and wellness, including overall strengths and weaknesses to develop a plan of action.

**Assessment Method:** Exit and other interviews

**Performance Criteria:**

Wellness Project Paper--Part 1 (self-assessment) (77% or better)

### **Description of therapeutic exercises**

Describe the various types of therapeutic exercise used in rehabilitation, including the determinants, indications, contraindications, precautions, and expected physiological responses for each of the different types of exercises.

**Assessment Method:** Focus groups  
**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Online and in-class quizzes and exams (77% or better)

**Assessment Method:** Simulations  
**Performance Criteria:**

Lab practicals (77% or better)

### **Competence in performing therapeutic exercise**

Demonstrate competence in performing each of the following therapeutic exercise activities: Range of Motion, Flexibility, Resistance, Aerobic, Plyometric, Balance and Coordination.

**Assessment Method:** Behavioral observations  
**Performance Criteria:**

100% completion of lab activities

**Assessment Method:** Performance appraisals  
**Performance Criteria:**

100% completion of Lab skills check-offs

### **Knowledge and treatment of orthopedic conditions of the extremities**

Describe common orthopedic conditions affecting the extremities, including the role of various PT interventions in treating these conditions.

**Assessment Method:** Focus groups  
**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Online and in-class quizzes and exams (77% or better)

**Assessment Method:** Simulations  
**Performance Criteria:**

Lab practicals (77% or better)

### **Tissue injury and repair and exercise prescription**

Describe and apply the mechanics of tissue injury and repair to appropriate exercise prescription.

**Assessment Method:** Focus groups  
**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Online or in-class quizzes and exams (77% or better)

**Assessment Method:** Simulations  
**Performance Criteria:**

Lab practicals (77% or better)

### **Exercise programs for extremities**

Develop, carry out, modify, and progress therapeutic exercise programs, within the PT plan of care, for the rehabilitation of typical orthopedic conditions of the upper and lower extremities.

**Assessment Method:** Focus groups  
**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Online or in-class quizzes and exams (77% or better)

**Assessment Method:** Simulations  
**Performance Criteria:**

Lab practicals (77% or better)

### **Patient status changes**

Demonstrate ability to monitor patient for normal vs. abnormal response to therapeutic interventions, appropriately respond to patient's needs / status changes, and determine when to report changes to the supervising PT.

**Assessment Method:** Behavioral observations  
**Performance Criteria:**

100% completion of Lab activities

**Assessment Method:** Focus groups

**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Online and in-class quizzes and exams (77% or better)

**Assessment Method:** Simulations

**Performance Criteria:**

Lab practicals (77% or better)

**Patient education**

Demonstrate ability to educate patients and caregivers on exercises and therapeutic activities with a focus on patient safety and understanding, paying attention to each individual patient's learning style.

**Assessment Method:** Behavioral observations

**Performance Criteria:**

100% completion of lab activities

**Assessment Method:** Focus groups

**Performance Criteria:**

100% completion of Peer case reviews

**Assessment Method:** Simulations

**Performance Criteria:**

Passage of Lab practicals(77% or better)

**Tests and measures**

Accurately perform tests and measures, adapting methods of performance as necessary for patient tolerance, and appropriately interpret results.

**Assessment Method:** Behavioral observations

**Performance Criteria:**

100% completion of lab activities

**Assessment Method:** Focus groups

**Performance Criteria:**

100% completion of peer case reviews

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Online and in-class quizzes and exams (77% or better)

**Assessment Method:** Performance appraisals

**Performance Criteria:**

100% completion of lab competencies

**Assessment Method:** Simulations

**Performance Criteria:**

Lab practicals (77% or better)

**Outline:**

Tissue healing and exercise prescription

Range of motion exercise

Flexibility exercise

Resistance exercise

Aerobic exercise

Plyometric exercise

Balance exercise

Aquatic exercise

Exercise and upper extremity orthopedic conditions

Exercise and lower extremity orthopedic conditions