



Western Technical College

10524142 Physical Therapist Assistant Therapeutic Exercise

Course Outcome Summary

Course Information

Description	Provides instruction on the implementation of a variety of therapeutic exercise principles. Learners implement, educate, adapt, and assess responses to therapeutic exercises.
Career Cluster	Health Science
Instructional Level	Associate Degree Courses
Total Credits	3
Total Hours	108

Pre/Corequisites

Prerequisite	10806177 Gen Anatomy & Physiology
Prerequisite	10524138 PTA Kinesiology 1 or 10524156 PTA Applied Kinesiology 1

Textbooks

Therapeutic Exercise - Foundations & Techniques. 7th Edition. Copyright 2018. Kisner, Carolyn. Publisher: F.A. Davis Co. **ISBN-13**: 978-0-8036-5850-9. Required.

Success Abilities

1. Refine Professionalism: Improve Critical Thinking
2. Refine Professionalism: Participate Collaboratively
3. Refine Professionalism: Practice Effective Communication

Program Outcomes

1. Function under the supervision of a physical therapist in a safe, legal, professional, and ethical manner to ensure the safety of patients, self, and others throughout the clinical interaction
2. Demonstrate clear and collaborative communication with patients, families, and health care team
3. Exhibit behaviors and conduct that reflect respect and sensitivity according to physical therapy practice standards
4. Produce documentation to support the delivery of physical therapy services
5. Demonstrate critical thinking skills to implement and modify treatment within a plan of care under the direction and supervision of a physical therapist
6. Perform data collection essential for carrying out the plan of care under the direction and supervision of the physical therapist
7. Perform technically competent, evidence-based physical therapy interventions under the direction and supervision of the physical therapist
8. Educate patients, families, and other health providers
9. Integrate components of operational and fiscal practices of physical therapy service in a variety of settings

Course Competencies

1. Implement therapeutic exercise programs.

Assessment Strategies

- 1.1. in a skill demonstration
- 1.2. by developing a plan (format may be written, oral, or graphic)
- 1.3. with a case study
- 1.4. by answering questions on one or more exams

Criteria

You will know you are successful when

- 1.1. you select the correct tools, equipment, instruments, materials and supplies.
- 1.2. you perform all critical steps in the right order.
- 1.3. you position yourself and patient correctly.
- 1.4. you employ the therapeutic exercise technique and protocol and proper use of equipment.
- 1.5. you follow safety procedures.
- 1.6. you verbalize an explanation of the process as you perform it.
- 1.7. your explanation presents sound reasoning as you describe the decisions you make throughout the process.
- 1.8. you develop therapeutic exercise programs.
- 1.9. you demonstrate modification of therapeutic exercise programs.

Learning Objectives

- 1.a. Identify indications for various exercise interventions.
- 1.b. Recognize precautions and contraindications for various types of exercise interventions and conditions.
- 1.c. Select options for equipment for exercise interventions.
- 1.d. Identify muscle groups that are affected by various exercise interventions.
- 1.e. Position self and patient correctly for exercise interventions.
- 1.f. Demonstrate safe and correct exercise interventions.
- 1.g. Instruct in exercise interventions.
- 1.h. Monitor exercise intervention techniques of patient and self.
- 1.i. Adjust exercise interventions appropriately.
- 1.j. Use corrective cues as necessary.
- 1.k. Organize a treatment sequentially for exercise interventions.
- 1.l. Develop exercise intervention progressions.
- 1.m. Document the exercise interventions activity.

2. Assess aerobic capacity and endurance.

Assessment Strategies

- 2.1. by collecting, organizing and reporting data related to aerobic capacity and endurance
- 2.2. in a skill demonstration
- 2.3. with a case study
- 2.4. by developing an analysis (written, graphic, oral, or three-dimensional model)
- 2.5. by answering questions on one or more exams

Criteria

You will know you are successful when

- 2.1. you identify data necessary to perform assessment of aerobic capacity and endurance in a patient.
- 2.2. you determine target heart rate.
- 2.3. you determine physiological changes you expect to see.
- 2.4. you identify normal response in healthy individuals.
- 2.5. you record data.

Learning Objectives

- 2.a. Recognize appropriate aerobic screens.
- 2.b. Demonstrate proper taking of vitals before, during and after exercise.
- 2.c. Instruct in proper usage of Perceived exertion scales.
- 2.d. Explore cardiac step programs.
- 2.e. Document data appropriately.

3. Implement aerobic exercises.

Assessment Strategies

- 3.1. in a skill demonstration
- 3.2. with a case study
- 3.3. by developing a plan (format may be written, oral, or graphic)
- 3.4. by answering questions on one or more exams

Criteria

You will know you are successful when

- 3.1. you select the correct tools, equipment, instruments, materials and supplies.
- 3.2. you perform all critical steps in the right order.
- 3.3. you position yourself and patient correctly.
- 3.4. you employ the aerobic exercise technique, protocol.
- 3.5. you follow safety procedures.
- 3.6. you verbalize an explanation of the process as you perform it.
- 3.7. your explanation presents sound reasoning as you describe the decisions you make throughout the process.
- 3.8. you develop aerobic exercise programs.
- 3.9. you demonstrate modification of aerobic exercise programs.

Learning Objectives

- 3.a. Identify indications for aerobic exercise.
- 3.b. Recognize precautions and contraindications for various types of aerobic exercise.
- 3.c. Select options for aerobic exercise.
- 3.d. Identify effects on the body of various forms of aerobic exercise.
- 3.e. Position self and patient correctly for aerobic exercise.
- 3.f. Demonstrate safe and aerobic exercise techniques.
- 3.g. Instruct in aerobic exercise activities.
- 3.h. Monitor aerobic exercise techniques of patient and self.
- 3.i. Adjust aerobic exercise techniques appropriately.
- 3.j. Use corrective cues as necessary.
- 3.k. Organize a treatment sequentially for aerobic exercise techniques.
- 3.l. Develop aerobic exercise progressions.
- 3.m. Document the aerobic exercise activity.

4. Provide patient and/or caregiver instruction in home exercise programs.

Assessment Strategies

- 4.1. through a skill demonstration
- 4.2. through a case study (format may be oral or written)
- 4.3. by answering questions on one or more exams

Criteria

You will know you are successful when

- 4.1. you select the correct home exercise program and equipment.
- 4.2. you instruct the client the correct sequence for the home exercise activities.
- 4.3. you position yourself, the client, and caregiver correctly.
- 4.4. you instruct the client/caregiver in the therapeutic exercise technique, protocol.
- 4.5. you instruct and follow safety procedures for all parties involved.
- 4.6. you verbalize an explanation of the process as you perform it.
- 4.7. your explanation presents sound reasoning as you describe the decisions you make throughout the process.

Learning Objectives

- 4.a. Identify indications for various HEP interventions.
- 4.b. Recognize precautions and contraindications for various types of HEP interventions and conditions.
- 4.c. Select options for equipment for HEP interventions.
- 4.d. Identify muscle groups that are affected by various HEP interventions.
- 4.e. Position patient correctly for HEP interventions.
- 4.f. Demonstrate safe and correct HEP interventions.
- 4.g. Instruct in HEP interventions.
- 4.h. Monitor HEP intervention techniques of patient and self.
- 4.i. Adjust HEP interventions appropriately.
- 4.j. Use corrective cues as necessary.
- 4.k. Organize a HEP sequentially.
- 4.l. Develop HEP intervention progressions.
- 4.m. Document the HEP intervention activity.

5. Implement range of motion exercises.

Assessment Strategies

- 5.1. in a skill demonstration
- 5.2. with a case study
- 5.3. by developing a plan (format may be written, oral, or graphic)
- 5.4. by answering questions on one or more exams

Criteria

You will know you are successful when

- 5.1. you select the correct tools, equipment, instruments, materials and supplies.
- 5.2. you perform all critical steps in the right order.
- 5.3. you position yourself and patient correctly.
- 5.4. you employ the range of motion technique, protocol.
- 5.5. you follow safety procedures.
- 5.6. you verbalize an explanation of the process as you perform it.
- 5.7. your explanation presents sound reasoning as you describe the decisions you make throughout the process.
- 5.8. you develop range of motion programs.
- 5.9. you demonstrate modification of range of motion programs.

Learning Objectives

- 5.a. Identify indications for various types of ROM.
- 5.b. Recognize precautions and contraindications for various types of ROM.
- 5.c. Select options for self assisted ROM.
- 5.d. Identify muscle groups that are lengthened.
- 5.e. Position self and patient correctly for ROM.
- 5.f. Demonstrate safe and correct ROM techniques.
- 5.g. Instruct in ROM activities.

- 5.h. Monitor ROM techniques of patient and self.
- 5.i. Adjust ROM techniques appropriately.
- 5.j. Use corrective cues as necessary.
- 5.k. Organize a treatment sequentially for ROM techniques.
- 5.l. Develop ROM progressions.
- 5.m. Document the ROM activity.

6. Implement stretching exercises.

Assessment Strategies

- 6.1. in a skill demonstration
- 6.2. with a case study
- 6.3. by developing a plan (format may be written, oral, or graphic)
- 6.4. by answering questions on one or more exams

Criteria

You will know you are successful when

- 6.1. you select the correct tools, equipment, instruments, materials and supplies.
- 6.2. you perform all critical steps in the right order.
- 6.3. you position yourself and patient correctly.
- 6.4. you employ the stretching exercise technique, protocol.
- 6.5. you follow safety procedures.
- 6.6. you verbalize an explanation of the process as you perform it.
- 6.7. your explanation presents sound reasoning as you describe the decisions you make throughout the process.
- 6.8. you develop stretching exercises.
- 6.9. you demonstrate modification of stretching exercises.

Learning Objectives

- 6.a. Identify indications for modes of stretching.
- 6.b. Recognize precautions and contraindications for various modes of stretching.
- 6.c. Select options for active stretching.
- 6.d. Identify muscle groups that are being stretched.
- 6.e. Position self and patient correctly for stretching.
- 6.f. Demonstrate safe and correct stretching techniques.
- 6.g. Instruct in active stretching.
- 6.h. Monitor stretching techniques of patient and self.
- 6.i. Adjust stretching techniques appropriately.
- 6.j. Use corrective cues as necessary.
- 6.k. Organize a treatment sequentially for stretching techniques.
- 6.l. Develop stretching progressions.
- 6.m. Document the stretching activity.

7. Implement strengthening exercises.

Assessment Strategies

- 7.1. in a skill demonstration
- 7.2. with a case study
- 7.3. by developing a plan (format may be written, oral, or graphic)
- 7.4. by answering questions on one or more exams

Criteria

You will know you are successful when

- 7.1. you select the correct tools, equipment, instruments, materials and supplies.
- 7.2. you perform all critical steps in the right order.
- 7.3. you position yourself and patient correctly.
- 7.4. you employ the strengthening technique, protocol.
- 7.5. you follow safety procedures.
- 7.6. you verbalize an explanation of the process as you perform it.
- 7.7. your explanation presents sound reasoning as you describe the decisions you make throughout the process.

- 7.8. you develop strengthening exercise program.
- 7.9. you demonstrate modification of strengthening exercises.

Learning Objectives

- 7.a. Identify indications for strength training.
- 7.b. Recognize precautions and contraindications for various types of strength training.
- 7.c. Select options for strength training.
- 7.d. Position self and patient correctly for strength training.
- 7.e. Identify muscle groups that are being strengthened.
- 7.f. Demonstrate safe and correct strengthening techniques.
- 7.g. Instruct in strength training activities.
- 7.h. Monitor strengthening techniques of patient and self.
- 7.i. Adjust strengthening techniques appropriately.
- 7.j. Use corrective cues as necessary.
- 7.k. Organize a treatment sequentially for strengthening techniques.
- 7.l. Develop strength training progressions.
- 7.m. Document the strengthening activity.

8. Implement balance, coordination, and agility training.

Assessment Strategies

- 8.1. in a skill demonstration
- 8.2. with a case study
- 8.3. by developing a plan (format may be written, oral, or graphic)
- 8.4. by answering questions on one or more exams

Criteria

You will know you are successful when

- 8.1. you select the correct tools, equipment, instruments, materials and supplies.
- 8.2. you perform all critical steps in the right order.
- 8.3. you position yourself and patient correctly.
- 8.4. you employ the balance, coordination, or agility technique, protocol.
- 8.5. you follow safety procedures.
- 8.6. you verbalize an explanation of the process as you perform it.
- 8.7. you present sound reasoning as you describe the decisions you make throughout the process.
- 8.8. you develop balance, coordination, and agility training.
- 8.9. you demonstrate modification of balance, coordination, and agility training.

Learning Objectives

- 8.a. Identify indications for balance, coordination and agility training.
- 8.b. Recognize precautions and contraindications for various types of balance, coordination and agility training.
- 8.c. Select options for balance, coordination and agility training.
- 8.d. Identify effects on the body as a result of balance, coordination and agility training.
- 8.e. Position self and patient correctly for balance, coordination and agility training.
- 8.f. Demonstrate safe and correct balance, coordination and agility training techniques.
- 8.g. Instruct in balance, coordination and agility training activities.
- 8.h. Monitor balance, coordination and agility training techniques of patient and self.
- 8.i. Adjust balance, coordination and agility training techniques appropriately.
- 8.j. Use corrective cues as necessary.
- 8.k. Organize a treatment sequentially for balance, coordination and agility training techniques.
- 8.l. Develop balance, coordination and agility training progressions.
- 8.m. Document the balance, coordination and agility training activity.

9. Analyze patient response to therapeutic exercise interventions.

Assessment Strategies

- 9.1. by developing an analysis (written, graphic, oral, or three-dimensional model)
- 9.2. with a case study
- 9.3. by answering questions on one or more exams

Criteria

You will know you are successful when

- 9.1. you identify expected responses to therapeutic exercise interventions.
- 9.2. you recognize abnormal responses to therapeutic exercise interventions.
- 9.3. you adjust interventions within the plan of care developed by the PT in response to patient clinical indications.
- 9.4. you recognize when the intervention should not be provided based on changes in the patient status.
- 9.5. you recognize when the direction to perform the intervention is beyond what is appropriate for a PTA.

Learning Objectives

- 9.a. Identify common responses to exercise interventions.
- 9.b. Identify uncommon responses to exercise interventions.
- 9.c. Monitor exercise interventions for patient response.
- 9.d. Modify intervention when appropriate.
- 9.e. Terminate intervention if response is not appropriate.
- 9.f. Document patient response.