

PT211, Rehabilitation Procedures
Sample syllabus submitted by Professor Cepeda, Spring 2001

Course Title: **Rehabilitation Procedures**

Course Number: **PT211**

Class Time: **Mondays :** **Lecture 6:00p.m. – 7:45p.m.**
 Tuesdays: **Lab 2:30p.m. – 5:00p.m.**
 Wednesdays: **Lecture 3:00p.m. – 4:45p.m.**
 Thursdays: **Lab 2:30p.m. - 5:00p.m.**
 Fridays: **Eval Lab 9:00a.m. – 6:00p.m.**

Credit Hours: **3 Semester Hours**

Clock Hours: **12 weeks**
 3.5 hours lecture per week
 5.0 hours lab per week

Required Text: **Kendall, Florence. : Muscles : Testing and Function.**
 Latest Edition. Williams & Wilkins Pub.

Shankman, Gary A. : Fundamental Orthopedic
 Management for Physical Therapist Assistants. Latest
 Edition. Mosby Pub.

Shankman, Gary A. : Student Workbook:
 Fundamental Orthopedic Management for Physical
 Therapist Assistants. 1st edition. Mosby Pub.

Course Description:

This course is a continuing study of physical therapy skills including the anatomy and physiology of exercise and its principles and application to common orthopedic conditions. The study and application of manual muscle testing, progressive resistive exercise, stretching and functional activities will be included. There is an emphasis on physical therapy for orthopedic diseases and disorders that affect all age groups.

PREREQUISITE: PT207

Course Objectives:

Upon completion of the course, the student will be able to demonstrate or describe, through written and practical examinations, case studies, journal article critiques, and clinical practice, the following:

- 1 Demonstrate manual muscle testing techniques to recognize a muscles response to resistance.
- 2 Describe common methods of management and P.T. intervention of orthopedic conditions across the lifespan.
- 3 Identify and describe common fractures and their medical/surgical management.
4. Explain and demonstrate the role of the PTA in the management of appropriate therapuetic exercises, stretching techniques and principles of isokinetics, coordination, mobility, endurance, posture, balance and flexibility for common orthopedic conditions.
4. Define and identify abnormal gait patterns relative to velocity, strength, stride, timing, and gait phase.
5. Develop and execute clinical and home exercise program as prescribed by the PT, and relative to ADL's.
6. Identify the team members and define the role of the team members involved in the the clinical management of the orthopedic patient and their family members.
- 7 Demonstrate growth in the professional relationships with other professional and patients.
- 8 Participate in a orthopedic rounds and discharge planning.
9. Define objective scales of measurement used to communicate changes in patient status to the P.T.
10. Demonstrate specific manual muscle testing skills to recognize muscle substitution, muscle length and posture.

Describe and contrast the differences and similarities between scar tissue and adhesions.
12. Define terms and principles of peripheral joint mobilization
13. Define the grades of peripheral joint mobilization, and identify common indications and contraindications for mobilization
4. Identify and discuss the role of the PTA in assisting the PT with the delivery of peripheral joint mobilization.

TEACHING METHODS

Teaching methods employed will include lectures, audiovisual presentations, question and answer sessions, demonstrations, patient situation, group analysis, and supervised laboratory practice.

REQUIREMENTS : Also, please refer to the PTA program student Handbook.

Attendance & Withdrawal

Students are expected to attend all scheduled classes. If a student is ill, or must be absent for other legitimate reasons, the student must notify the instructor within one hour of the scheduled class time. Failure to do so will result in an unexcused absence. More than two unexcused absences will result in a decrease of the final grade by one letter. (an "A" become a "B", ect.) When a student's unexcused absences are about to equal or have equaled the number of class session per week, the instructor may issue a warning, if the student is absent again, the instructor may drop the student from the class. See the PTA program student handbook for what constitutes an unexcused absence and withdrawal from the class as it relates to withdrawal from the program.

Make-up policy:

Make-up exams are negotiable at a point of discussion between the student and the professor before the scheduled exam period, but with excused absences only.

Academic Honesty:

STUDENT CODE OF CONDUCT: Please refer to the Student Code of Conduct published in the Montgomery College Student handbook.

CHEATING: Copying answers to an examination from another student's paper or from a hidden source is considered to be cheating. Any type of cheating is serious and detrimental to the student. Therefore, any student who is found cheating will be subject to the process as described in the Student Code of Conduct.

PLAGIARISM: Presenting the work of another as your own in a paper, exam, or other assignment is strictly prohibited.

Penalties: Refer to the PTA program student handbook and the Montgomery College Student Handbook.

Classroom Behavior: Each and every student is expected to behave in ways which promote a teaching and learning atmosphere. Students have the right to learn; however, they do not have the right to interfere with the freedom of the faculty to teach or the rights of other students to learn. Students will be treated respectfully in return for respectful behavior. All class discussions should be carried out in a way that keeps the classroom environment respectful of the right of others. This means that, for example, students should not interrupt someone else who is talking regardless of whether that person is the instructor or another student. Students should not monopolize class time by repeatedly interrupting and asking questions in a manner hinders the learning process of others. Students are also expected to conduct themselves in ways which create a safe learning and teaching environment which is free from such things as violence, intimidation, and harassment. Please make sure that you obtain and read a copy of the current Student Handbook which contains the Student Code of Conduct.

Grading Scale:	90 –100	A
	80 – 89	B
	75 – 79	C
	Below 75	Failure

Housekeeping: All students are responsible for [putting equipment away, keeping equipment clean and in order at the end of each class session. Students are expected to report unsafe and or broken equipment to the instructor. It is not necessary to report who is responsible for breaking the equipment. Drinking or eating in the classroom and laboratory is not allowed at any time.

Exams & Quizzes: There will be four 50 minute objective written exams. Quizzes will be administered weekly. See course schedule for exam and quiz dates.

There are three practical exams. Students must pass each practical exam as a requisite to pass the class. Each student has **ONE** opportunity to re-take a practical exam. If a student fails a practical exam he/she must meet with the instructor and schedule a re-take. Unsuccessful

completion of the retake practical exam means failure in the course. During the retake exam, students may be videotaped and evaluated by additional faculty members.

**SUCCESSFUL COMPLETION OF THIS COURSE
DEPENDS ON PASSING EACH PRACTICAL EXAM,
AND EARNING A 75% AVERAGE AMONG THE
WRITTEN EXAMS AND QUIZES/**

Grade Distribution:

Exam # 1:	20%	
Exam # 2:	20%	
Exam #3:	20%	
Exam #4:	20%	
6 Quizes:	10%	
Case Studies:	10%	
Practical Exam #1	Upper Extremity	Pass/Fail
Practical Exam #2	Lower extremity	Pass/Fail
Practical Exam #3	Gait	Pass/Fail

Attire:

Proper laboratory attire is mandatory and consist of flat comfortable non-skid shoes, loose fitting shorts and a bikini or halter top for females. Males and females should wear a T – shirt which would be removed during practice sessions. Females should wear a sports bra under the T – shirt. Basically, the upper back muscles need to be visible for observation and examination. Examination gowns are available for those students without lab attire. Laboratory attire must be availabe for all class sessions unless otherwise informed by the instructor. Students will not be admitted to the lab without proper attire and this absence will count as unexcused. Lab attire is not to be worn during lectures or outside of the laboratory into the hallways. Visitors are not allowed in the labs without permission of the instructor before class begins. Visitors are not allowed in the labs during independent practice sessions. During labs, long hair must be fastened up off the neck. Rings and earring must be conservative. Good to excellent hygiene with groomed hair, and groomed short nails is expected of men and women.

**PHYSICAL THERAPIST ASSISTANT PROGRAM
MONTGOMERY COLLEGE
TAKOMA PARK**

**PT211
SPRING 2001**

FACULTY: Professor La'Verne E. Tuckson, M.Ed., P.T

REHABILITATION PROCEDURES

CLASS SCHEDULE

<u>WEEK #</u>	<u>ORTHO (Shankman)</u>	<u>MMT/GAIT (Kendall)</u>
1	1,2,3: Monday 4, 5 : Wednesday	Gait 10,: Tuesday (Shankman) Gait 10/Videos : Thursday Quiz: Thursday 1,2,3,4,5
2	6,7 : Monday 8,9 : Wednesday	11, Mob. : Tuesday(Shankman) 11, Mob. : Tuesday Quiz : Thursday 6,7,8,9
3.	Intro to MMT : Monday WRITTEN EXAM # 1 Wednesday 1,2,3,4,5,6,7,8,9	MMT Video : Tuesday MMT: Thursday
PRACTICAL EXAM # 1 : Friday /Gait & Joint Mob.		
4.	Ankle , Foot and Toes : Monday Ankle, Foot and Toes: Wednesday	MMT/Mob. : Tuesday Case Studies: Thursday Quiz: Ankle, Foot, Toes /Thursday
5	Knee : Monday Knee: Wednesday	MMT/Mob.: Tuesday Case Studies Quiz:Knee / Thursday
6.	Knee: Monday Case Studies Wednesday	Kin-Com : Tuesday Written Exam #2:: Thursday Knee, ankle, foot, toes
PRACTICAL EXAM # 2: Friday / Knee, Ankle, Foot and Toes		
7.	Hip: Monday Pelvis : Wednesday	MMT/ Mob: Tuesday Case studies: Thursday Quiz: Hip and Pelvis / Thursday
8.	S P R I N G B R E A K	
9	Spine: Monday Spine: Wednesday	MMT/Mob. Tuesday Case Studies : Thursday Quiz: Spine Thursday
10	WRITTEN EXAM # 3: Monday Hip, Pelvis , Spine Shoulder: Wednesday	MMT/Mob. Shoulder Tuesday Case Studies: Thursday

PT211 Spring 2001 Course Schedule

11	Shoulder: Monday Shoulder : Wednesday	Surgical Procedures : Tuesday Surgical Procedures: Thursday
12	Elbow, Wrist, Hand : Monday Case Studies: Wednesday	MMT/Mob. Tuesday WRITTEN EXAM #4 Thursday Shoulder, Elbow, Wrist , Hand

PRACTICAL EXAM: Friday April 13, 2001
Hip, Pelvis, Spine, Shoulder Wrist, Hand

AT LAST !

GO TO YOUR DESTINY !!
