

Northwest Arkansas Community College
Health Professions Division
Physical Therapy Assistant Program

Discipline Code

PHTA

Course Number

2333

Course Title

Therapeutic Exercise Lab

Catalog Description

This laboratory course provides the PTA student skills to provide safe, legal, ethical and appropriate use of neuromuscular rehabilitation and screening assessment procedures, including physiological and therapeutic effects and indications and contraindications for treatment and rehabilitation of the client with neurological disorders and related diagnoses. It accompanies PHTA 2362 and requires a high level of critical thinking skills related to implementing and modifying physical therapy interventions.

Prerequisites

A list of required general education courses for each program is available on the PTA website and must be passed with a grade of C or better for students to be considered eligible for acceptance into the PTA program

Credit Hours

3 credit hours

Contact hours

120 lab contact hours

Load hours

9 load hours

Semesters Offered

Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

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

1. Given a mock patient, and PT initial evaluation with PT goals and a POC the student will demonstrate:
 - a. Ability to assess, implement and perform appropriate treatment techniques for the patient to meet the goals set by the PT within the parameters of the plan of care.
 - b. Appropriate communication skills to include verbal and non-verbal with a mock patient, and the ability to discuss and explain your treatment, the goals your addressing, and your rationale to the supervising PT
 - c. Ability to recognize when the direction to perform a patient treatment intervention is beyond the scope of the PTA practice act and/or standards of normal and ethical practice and report this to the PT.
 - d. Good body mechanics during mock patient treatments and transfers.
 - e. Conduct that reflects knowledge of practice standards that are legal, ethical, and safe in lab practical examinations and meet standards of care.
 - f. Ability to recognize changes in a patient's cognitive, mental or arousal level and appropriate action to take if there is a change.
 - g. Safety awareness and correct guarding techniques, keeping the patient safe during all aspects of the treatment session.
 - h. Ability to accurately document treatment in a SOAP note format.
 - i. Ability to establish a therapeutic relationship with the patient using verbal and non-verbal communication, and instructing the patient clearly, and concisely in terminology the patient can understand.
 - j. Provide rationale for your treatment selections based on knowledge of the developmental sequence, treatment strategies available, patient's functional level, ADL's, patient's cognitive status, objective findings, PT goals and parameters of the POC.
 - k. Ability to adjust interventions within the POC established by the P.T. in response to patient clinical indications and changes in patient's status and take appropriate action to include reporting to the P.T.
 - l. Knowledge and utilization of universal precautions during all laboratory procedures and lab practical's.

• **General Education Outcomes Supported**

- Students develop higher order thinking skills.
- Students can write clear, coherent, well-organized documents, substantially free of errors.
- Students develop effective oral communication skills.
- Students can employ a variety of sources to locate, evaluate, and use Information