



PTA 5

Therapeutic Exercise

SYLLABUS AND COURSE INFORMATION PACKET

Fall 2020

5 credits
2 hours lecture/6 hours laboratory

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**KINGSBOROUGH COMMUNITY COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

Physical Therapist Assistant Program

Course Syllabus

**PTA 5
THERAPEUTIC EXERCISE**

Course Description: This course is designed to introduce students to therapeutic exercise techniques. Manual muscle testing is presented and practiced. Topics including resistive exercise, passive stretching, and range of motion techniques are studied. Students are introduced to therapeutic exercise equipment such as: computerized isokinetic testing and exercise systems, variable resistance and other free standing resistive exercise equipment, egrometers, treadmill, and basic exercise equipment including cuff weights and elastic resistive equipment. Therapeutic exercise techniques are studied by anatomical regions.

Textbook Requirements: Kisner, C., Colby, L., (2018). *Therapeutic Exercise Foundations and Techniques Seventh Edition*. Philadelphia, PA: F.A. Davis Company.

Pierson, Frank M & Fairchild, Sheryl L. (2018) *Principles and Techniques of Patient Care. Sixth Edition*. Philadelphia, PA: W.B. Saunders Company.

Hislop, Helen, Avers, D. and Brown, M. (2019). *Daniel and Worthingham Manual Muscle Testing, 10th Edition*. Philadelphia, PA: W.B. Saunders Company.

Skinner, Steven B., McVey, C. (2011). *Clinical Decision Making for the Physical Therapist Assistant*. Sudbury, MA: Jones and Bartlett Publishers

Pre-requisite Courses: PTA 1, PTA 10, PTA 20, PTA 2, PTA 3, BIO 11

Co-requisite Course: PTA 4, BIO 12

Student Learning Objectives

As evidenced by successful performance and completion of written and practical examinations, assignments, research article review, lab presentations and the role playing and analysis of clinical scenarios, the student will:

1.0 Apply principles of therapeutic exercise.

- 1.1 Identify the principles of range of motion, resistive exercise and manual muscle testing.
- 1.2 State the general principles of exercise including endurance, power, cardiovascular effects, and psychomotor considerations.
- 1.3 State the indications and contraindications to therapeutic exercise.
- 1.4 Identify the effects of pain on therapeutic exercise.
- 1.5 Identify components of an exercise program.
- 1.6 State the criteria for progressing a patient's exercise program.
- 1.7 Identify principles of passive stretching, including self-stretching.
- 1.8 List the indications and contraindications of passive stretching.
- 1.9 Discuss physiological and psychological impacts on therapeutic exercise.
- 1.10 Differentiate the various modes of range of motion including: active, assistive and passive.
- 1.11 Describe the rationale for the selection of various range of motion techniques, while recognizing normal and abnormal patient movement.
- 1.12 Distinguish the various types of resistive exercise including: manual resistance, isotonic, isometric, isokinetic and open and closed chain.
- 1.13 Discuss the indications and contraindications of resistive exercise, range of motion and manual muscle testing.
- 1.14 Monitor mock patients' endurance while performing therapeutic exercise and alter intervention appropriately within the plan of care.
- 1.15 Distinguish the differences in manual muscle testing grades.
- 1.16 Outline the procedures in manual muscle testing.
- 1.17 Perform manual muscle testing for upper and lower extremity musculature using standard techniques and hand held digital dynamometers.
- 1.18 Correlate different exercise regimens with mechanical principles influencing effectiveness.
- 1.19 Define and discuss the principles of aerobic exercise and conditioning.
- 1.20 List the beneficial effects of aerobic exercise.
- 1.21 List indications and contraindications of aerobic exercise such as oxygen saturation.
- 1.22 Implement aerobic exercise activities to enhance general fitness.
- 1.23 Perform aerobic therapeutic exercise appropriate for the cardiovascular impaired patient including assessment of oxygen saturation and vital signs.
- 1.24 Recognize signs and symptoms of distress (cardio-pulmonary, fatigue, etc.) associated with the performance of therapeutic exercise activities.

2.0 Implement therapeutic exercise interventions for upper and lower extremities.

- 2.1 Identify proper technique in range of motion activities and manual muscle testing.
- 2.2 Identify therapeutic exercise equipment commonly used in physical therapy practice.
- 2.3 State the rationale for therapeutic exercise.
- 2.4 Outline the techniques of therapeutic exercise as applied to different regions of the body.
- 2.5 Describe factors affecting outcomes of therapeutic exercise.
- 2.6 Describe the factors affecting selection of therapeutic exercise equipment.
- 2.7 Implement therapeutic exercise and stretching techniques and concepts.
- 2.8 Demonstrate proper technique in range of motion and resistive exercise techniques.
- 2.9 Demonstrate safe use of therapeutic exercise equipment.
- 2.10 Perform various resistive exercise including: manual resistance, isotonic, and isokinetic activities during patient scenarios.

3.0 Given mock patient scenarios, implement comprehensive physical therapy plan of care as directed by a physical therapist.

- 3.1 List effective strategies in teaching therapeutic exercise techniques.
- 3.2 Explain patient response to therapeutic exercise.
- 3.3 Link pathological conditions and patient problems with appropriate therapeutic exercises and exercise equipment.
- 3.4 Recognize aspects of the plan of care that may be outside the PTA's scope of practice and act accordingly.
- 3.5 Perform therapeutic exercise techniques identifying the role of the physical therapist assistant in rehabilitation.
- 3.6 Perform therapeutic techniques appropriately employing universal precautions and sound body mechanics.
- 3.7 Perform therapeutic techniques demonstrating an understanding of organizational structure, levels of authority, and fiscal considerations of the health care delivery system.
- 3.8 Demonstrate proper manual muscle testing technique while considering pathological conditions.
- 3.9 Select appropriate therapeutic exercise based on manual muscle testing results
- 3.10 Implement thermal modalities in conjunction with therapeutic exercise techniques.
- 3.11 Describe rationale when selecting therapeutic exercise activities, considering specific characteristics of pathological conditions.
- 3.12 Identify patient progress as it relates to the achievement of short term goals.
- 3.13 Teach the uses, applications and responses of therapeutic exercise and therapeutic exercise concepts to mock patient, family and other healthcare workers with emphasis on safety and rationale as directed by the physical therapist.
- 3.14 Demonstrate the adjunctive nature of therapeutic exercise by integrating their

use in complete treatment applications.

- 3.15 Implement therapeutic interventions within the plan of care considering knowledge of assessment and measurement (including goniometry), functional activity, modality and therapeutic exercise skills on mock patients.
- 3.16 Implement therapeutic interventions within the plan of care demonstrating consideration of time management, therapeutic sequence and procedure selection issues.
- 3.17 Implement physical therapy interventions for a variety of mock patient types including: orthopedic, neurological, and general deconditioned patients in a variety of settings.
- 3.18 Devise and teach home maintenance program for a variety of diagnoses.
- 3.19 Demonstrate appropriate documentation of therapeutic exercise interventions considering patient response, treatment parameters, long/short term goals, and effectiveness.
- 3.20 Perform mock physical therapy interventions considering influencing factors (psychosocial, cultural, economic, legal/ethical, etc.).
- 3.21 Assist in discharge planning and alternative levels of care decision making with supervising physical therapist.
- 3.22 Associate patient verbal and non-verbal response with effectiveness of therapeutic exercise procedures employed.
- 3.23 Communicate to supervising physical therapist the patient response to therapeutic exercise.
- 3.24 Deduce the effectiveness of therapeutic exercise considering pathological conditions, attainment of short-term goals and the patient's overall response.
- 3.25 Assess patient response to treatment and appropriately alter therapeutic intervention within the plan of care.
- 3.26 Verify the effectiveness of his/her teaching behavior by analyzing performance.
- 3.27 Delineate the beneficial and untoward effects of therapeutic exercise.
- 3.28 Analyze the relationship of therapeutic exercise with other therapeutic procedures (modalities, range of motion, functional activities) as they relate to the achievement of rehabilitation goals.
- 3.29 Recognize patient response(s) that require the attention of the supervising physical therapist or immediate interventions such as basic first aid or cardiopulmonary resuscitation and take appropriate action.

4.0 Demonstrate the ability to express ideas in writing.

- 4.1 Perform free write assignments.
- 4.2 Summarize and analyze academic experiences.
- 4.3 Effectively organize thoughts and ideas.

5.0 Demonstrate appropriate professional behavior.

- 5.1 Attend and be on time for class, lab, and scheduled appointments.
- 5.2 Be prepared for lab activities; attend to assigned tasks.
- 5.3 Accept constructive criticism and respond or follow through appropriately.
- 5.4 Express self in a clear and easily understood manner.

- 5.5 Maintain appropriate personal hygiene.
- 5.6 Treat others with positive regard, dignity, and respect.
- 5.7 Analyze and examine professional literature considering: specific scientific methods, interpretation of results, and clinical significance, in order to foster further personal investigation and clinical effectiveness.
- 5.8 Explain the importance of lifelong learning.
- 5.9 Describe how professional development can occur.

Student Assessment

As indicated in the student handbook, to receive a passing grade in this course the student must successfully complete all comprehensive examinations, assignments and practical examination with a “C” or better. Additionally, the instructor assesses student competencies in skills critical to this course using the standardized skills checklists, located in the laboratory, requiring a passing score of at least 90%. Critical skills in this course include:

1. Accurate performance manual muscle testing of major extremity musculature
2. Performance therapeutic exercise techniques (active, passive, resistive) for the shoulder, elbow, wrist, hand, hip, knee, ankle and foot.
3. Organization of exercise programs considering pathological conditions
4. Teaching therapeutic exercises to peers and instructor.
5. Conveying information about exercise program and patient status to supervising therapist.

Grade Determination

Documentation Assignments	5%
Research Article Paper	5 %
Home Exercise Program	15 %
Quizzes	15%
Mid - Term Examination	15 %
Lab. Practical	25 %
Final Examination	<u>20 %</u> 100 %

Documentation Assignments

Students document exercises and justifications learned and performed during lab. This assignment includes exercise writing assignments as well as mock patient documentation (handwritten and computerized). Assignments are worth five percent of the final grade.

Research Article Paper

Students are assigned to find a current research article pertaining to therapeutic exercise.

The student must summarize and critique the article and submit it to the instructor during week six. The research article paper is worth five percent of the final grade.

Home Exercise Program

Students are given two physical therapy evaluations and plan of cares and must design one exercise program using one traditional (due week 8) and one multimedia (due week 12) format. Outline of the project will be distributed in class. The two home exercise programs are worth a total of fifteen percent of the final grade.

Quizzes

Students take weekly quizzes throughout the semester. Quizzes are short-essay and multiple-choice type questions. The quizzes are worth fifteen percent of the final grade.

Mid-term Examination

The student takes a cumulative examination covering the first six weeks of the course. The examination includes mainly multiple-choice type questions. The midterm is worth fifteen percent of the final grade.

Laboratory Practical Examination

All students are required to take a practical examination. This examination tests the students' proficiency in therapeutic exercise and previously learned material. Practical exam is worth twenty five percent of the final grade.

Final Examination

The student takes a cumulative final examination. The examination includes mainly short essay and multiple-choice type questions. The final exam is worth twenty percent of the final grade.

Writing Exercises

The student participates in writing exercises throughout the semester. These non-graded writing exercises are designed to promote understanding of concepts and encourage written communication. For example, students may present a power point presentation on orthopedic conditions and interventions as it relates to their reading assignments.

****** Please note: All lectures will be posted to the content area of the Blackboard site for PTA 5 by Sunday of the week that the topic(s) are discussed. ******

All labs will be held on campus in groups in rooms S-124 and S – 246.

***** Students will require a laptop/tablet and internet access to log in to the CUNY Blackboard system

A student who requires assistance with hardware/computer needs please reach out to:

helpdesk@students.kbcc.cuny.edu

A Student who requires assistance with their Blackboard account or access please reach out to:

HelpDesk@Students.kbcc.cuny.edu

Attendance and Mandatory Attendance Verification:

Please refer to the attendance policy found on the last page of the course syllabus. Students must post to the “getting to know me” discussion by Saturday at 11:59 PM of week one to verify course attendance.

Week #1 –

Lecture

Assignments: Kisner Chapter 1, 3 and chapter 4 pp. 83-112
Pierson Chapter 6

This initial week students are introduced to the systematic approach to therapeutic exercise. Emphasis is placed upon the need for critical thinking, identifying impairments, and functional limitations. Goal setting, exercise terminology, indications and contraindications and functional outcomes are presented. Principles of manual resistance are explained.

Laboratory

Lab assignment – Kisner pp. 65-66, 113-115, 209- 210, 595-616

Post reply to Getting to know you discussion – mandatory for VOE

Students practice passive and active range of motion techniques of the upper extremities previously learned in PTA 1. Students perform general passive stretching techniques. Manual muscle testing is demonstrated and students practice positioning, hand placement and grading techniques in specific scenarios. Student use their knowledge of post-operative and non-operative orthopedic conditions to the shoulder joint and perform mock exercise interventions accordingly. Additionally, students begin an examination of central nervous system conditions and their effects on the shoulder. Students use specific patient scenarios to practice manual muscle testing and exercise techniques. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills.

Week #2 –

Lecture

Assignments: Kisner Chapter 6 pp. 166-208 and 7
Hislop, introduction

Students are provided the definition of resistive exercise including: goals, indications and contraindications. Concepts of strength and endurance assessment are presented. The effects of therapeutic exercise on the cardiovascular system are reviewed. Aerobic exercise is presented. Students are introduced to concepts of cardiac rehabilitation. The

effect of types of exercise (isometric, isotonic, open and closed chain) on the cardiovascular system are explored.

Laboratory

Assignment: MMT – Shoulder

Elbow: Kisner pp. 67, 115-116, 211, 645-652

Documentation Assignment

Students apply their knowledge of peripheral nervous system conditions and general deconditioning pathologies to the shoulder joint and perform appropriate exercise interventions. Given patient scenarios, students use therapeutic exercise equipment including: wall pulleys, Theraband, etc. Students begin to practice manual muscle testing shoulder and therapeutic exercise of the elbow and forearm complex. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills.

Week #3 –

Lecture

Assignments: Kisner Chapter 17

Range of motion, goniometry, and anatomical considerations (previously learned in PTA 2) of the shoulder are reviewed. The student is provided with instruction of manual muscle testing techniques for the shoulder. Principles of active and resistive exercises for the shoulder are provided. Equipment used specifically for shoulder exercise is introduced.

Laboratory

Assignment: Elbow and Wrist MMT - Hislop

Kisner Wrist pp.68-69, 116-117, 701-708

Students' knowledge of orthopedic, neurological, and general deconditioning pathologies is applied to the elbow and forearm complex and wrist. Given patient scenarios, students perform therapeutic exercises. Students begin to practice manual muscle testing and therapeutic exercise of the elbow and wrist. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills

Week#4 –

Lecture

Assignments: Kisner Chapter 18

Discussion of the shoulder continues. Range of motion, goniometry, and anatomical considerations (previously learned in PTA 2) of the elbow and forearm complex are reviewed. The student is provided with instruction of manual muscle testing techniques for the elbow and forearm. Therapeutic exercise of the elbow and forearm complex is introduced.

Laboratory

Assignment: Hip MMT

Hip Kisner pp. 69-71, 117-120,212-214
Documentation Assignment

Students' knowledge of orthopedic, neurological and general deconditioning pathologies is applied to the hip joint. Given patient scenarios, students perform therapeutic exercises. Students practice manual muscle testing and therapeutic exercise of the hip. Students practice both manual and mechanical therapeutic exercise of the hip. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills

Treatment Application Activities

Students exhibit critical thinking and sound technical skill in the management mock patient status post cerebral vascular accident as presented by the instructor and implement the prescribed plan of care. Students perform a mock patient intervention consisting of appropriate therapeutic exercise as well as bed mobility, transfer training, gait training activities (as previously learned in PTA 1 and PTA 3) appropriate to the scenario. Following this treatment application activity, students discuss patient management and therapeutic techniques.

Week #5

Lecture

Assignments: Kisner Chapter 19

Range of motion, goniometry, and anatomical considerations (previously learned in PTA 2) of the wrist are reviewed. The student is provided with instruction of manual muscle testing techniques for the wrist. The student is introduced to therapeutic exercise of the wrist.

Laboratory

Assignment: Hip Kisner pp.751-763
Knee MMT

Students' continue to use their knowledge of orthopedic, neurological and general deconditioning pathologies is applied to the hip joint. Given patient scenarios, students perform therapeutic exercises. Students practice manual muscle testing and therapeutic exercise of the hip as well as knee manual muscle testing. Students practice both manual and mechanical therapeutic exercise of the hip. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills

Treatment Application Activity

Students exhibit critical thinking and sound technical skill in the management of a mock generally deconditioned patient with severe rheumatoid arthritis affecting the wrist as presented by the instructor and implement the prescribed plan of care. Students perform mock patient intervention activities considering their knowledge of anatomy, pathology,

goniometry, thermal modalities and therapeutic exercise appropriate to the scenario. Following this treatment application activity, students discuss patient management and therapeutic techniques.

Week #6 –

Lecture

Assignments: Midterm
Kisner Chapter 20
Research Article Paper Due

Range of motion, goniometry, and anatomical considerations (previously learned in PTA 2) of the hip are reviewed. Manual muscle testing of the hip is presented. The student is introduced to therapeutic exercise of the hand.

Laboratory

Assignment: Knee Kisner pp. 120-121, 214, 831-840

Students' knowledge of orthopedic, neurological, and general deconditioning pathologies is applied to the knee joint. Given patient scenarios, students perform therapeutic exercises. Students begin to practice manual muscle testing and therapeutic exercise of the knee. Students practice both manual and mechanical therapeutic exercise of the hip. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills.

Treatment Application Activity

Students exhibit critical thinking and sound technical skill in the management of a mock post upper extremity fracture case as presented by the instructor and implement the prescribed plan of care. Students perform mock patient intervention activities considering their knowledge of anatomy, pathology, goniometry, thermal modalities and therapeutic exercise appropriate to the scenario. Following this treatment application activity, students discuss patient management and therapeutic techniques.

Week #7

Lecture

Assignment: Kisner Chapter 20

Range of motion, goniometry, and anatomical considerations (previously learned in PTA 2) of the hip are reviewed. Manual muscle testing of the hip is presented. The student is introduced to therapeutic exercise of the hand.

Laboratory

Assignment: Knee Kisner continue pp. 120-121, 214, 831-840
Documentation Assignment

Students' knowledge of orthopedic, neurological, and general deconditioning pathologies is applied to the knee joint. Given patient scenarios, students perform therapeutic exercises. Students begin to practice manual muscle testing and therapeutic exercise of the knee as well as ankle manual muscle testing. Students practice both manual and

mechanical therapeutic exercise of the hip. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills.

Week #8—

Lecture

Assignment: Kisner, Chapter 21

Therapeutic exercise of the knee are explored. Range of motion, goniometry, and anatomical considerations of the knee are reviewed. Manual muscle testing of the knee is presented.

Laboratory

Assignment: Ankle Kisner pp. 71-72, 122, 215, 888-894

Students' knowledge of orthopedic, neurological and general deconditioning pathologies is applied to the ankle and foot. Given patient scenarios, students perform therapeutic exercises. Students practice manual muscle testing and therapeutic exercise of the ankle and foot. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills.

Treatment Application Activity

Students exhibit critical thinking and sound technical skill in the management of a mock patient with osteoarthritis of the hip as presented by the instructor and implement the prescribed plan of care. Students perform mock patient intervention activities considering their knowledge of anatomy, pathology, goniometry, thermal modalities, functional and transfer activities and therapeutic exercise appropriate to the scenario. Following this treatment application activity, students discuss patient management and therapeutic techniques.

Week #9-

Lecture

Assignment: Kisner, Chapter 21

Home Exercise Program #1 due

Discussion of the knee continues. The student is provided with more in depth information about therapeutic exercise in the management of common post-surgical and pathological conditions including generalized weakness, osteoarthritis, and ligament and cartilage damage.

Laboratory

Assignments: Cardio/ Vital signs/tilt table

Scapular MMT

Shoulder scenarios

Shoulder Note/ Documentation Assignment

Students' knowledge of orthopedic, neurological, and general deconditioning pathologies is applied to the knee joint. Given patient scenarios, students perform therapeutic

exercises. Students begin to practice manual muscle testing and therapeutic exercise of the knee. Students practice both manual and mechanical therapeutic exercise of the hip. Students assess patient response and endurance. In preparation for their roles as physical therapy care educators, students practice teaching these skills. In addition, students will practice scapular manual muscle testing and practice mock patient scenarios to manage multiple types of shoulder pathologies.

Treatment Application Activity

Students exhibit critical thinking and sound technical skills in the management of a mock cardiovascular patient and post-operative orthopedic case as presented by the instructor and implement the prescribed plan of care. Students perform measurement and assessment techniques, vital signs monitoring, range of motion and basic therapeutic exercise techniques appropriate to the scenario. While performing interventions, students consider additional factors influencing patient care. Following this treatment application activity students discuss patient management and therapeutic techniques.

Week #10—

Lecture

Assignments - Kisner Chapter 22

Range of motion, goniometry, and anatomical considerations of the ankle and foot are reviewed. Manual muscle testing of the ankle and foot are presented. The student is introduced to therapeutic exercise of the ankle and foot.

Laboratory

Assignment: Elbow/ Wrist Scenarios

Elbow & Wrist Note/Documentation Assignment

Students continue to practice manual muscle testing and therapeutic exercises. Students assess patient response and endurance. Given patient scenarios, students perform therapeutic exercises for the elbow and wrist. Students are provided with multiple opportunities to apply upper extremity range of motion, manual muscle testing, and therapeutic exercise. Principles of endurance, treatment organization, program progression, effects of pain, and outcome assessments, are emphasized. Students give rationale for therapeutic exercise program selection including the use of exercise equipment and manual techniques. Construction of home exercise programs is practiced. Students continue to practice the communication of patient status to the supervising physical therapist.

Treatment Application Activity

Students exhibit critical thinking and sound technical skill in the management of a mock traumatic sports injury as presented by the instructor and implement the prescribed plan of care. Students perform mock patient intervention activities considering their knowledge of anatomy, pathology, goniometry, thermal modalities, functional and transfer activities and therapeutic exercise appropriate to the scenario. Following this treatment application activity, students discuss patient management and therapeutic techniques.

Week #11

Lecture

Assignment: Kisner, Chapter 22

Range of motion, goniometry, and anatomical considerations of the ankle and foot are continued. Manual muscle testing of the ankle and foot are continued. Therapeutic exercise of the ankle and foot continues.

Laboratory

Assignments: Hip/ Knee Scenarios

Hip & Knee Note/Documentation Assignment

Students continue to practice manual muscle testing and therapeutic exercises. Students assess patient response and endurance. Given patient scenarios, students perform therapeutic exercises for the hip and knee.

Treatment Application Activity

Students exhibit critical thinking and sound technical skill in the management of a generally debilitated mock patient in a spinal cord injury case as presented by the instructor and implement the prescribed plan of care. Students perform mock patient intervention activities considering their knowledge of anatomy, goniometry, pathology, functional and transfer activities and therapeutic exercise appropriate to the scenario. While performing interventions students consider additional factors influencing patient care and the contemporary practice of physical therapy including psychosocial issues and other issues impacting the health care delivery system. Following this treatment application activity, students discuss patient management and therapeutic techniques.

Week # 12

Lecture

Assignments: Skinner Chapter 8 (review activity examples)

Home Exercise Program #2 Due

Concepts of home exercise programs are further explored with emphasis placed on patient compliance, program revision, diversity of instruction and assessment of results. Concepts and practices of therapeutic exercise management are reviewed. Emphasis is placed on patient progression and response, appropriate goal setting and treatment diversity all based on the plan of care. Correlation of the achievement of exercise goals with changes in functional abilities is also reinforced.

Laboratory

Assignment: Ankle Scenario

Ankle Note

Practical Exam

Review

Students continue to practice manual muscle testing and therapeutic exercises. Students assess patient response and endurance. Given patient scenarios, students perform therapeutic exercises for the ankle. Discussion of therapeutic principles continues.

Students are provided with multiple opportunities to apply lower extremity range of motion, manual muscle testing, and therapeutic exercise. Principles of endurance, treatment organization, program progression, effects of pain, and outcome assessments, are emphasized. Students give rationale for therapeutic exercise program selection including the use of exercise equipment and manual techniques. Students continue to practice the communication of patient status to the supervising physical therapist.

Treatment Application Activity

Students exhibit critical thinking and sound technical skill in the management of a mock patient status-post a cerebral vascular accident in a rehabilitation setting as presented by the instructor and implement the prescribed plan of care. Students perform patient intervention activities of the upper and lower extremity considering their knowledge of anatomy, pathology, goniometry, thermal modalities, functional and transfer activities and therapeutic exercise appropriate to the scenario. In addition, intervention includes the design and instruction of a home exercise program. Following this treatment application activity, students discuss patient management and therapeutic techniques.

**Access-Ability Services (AAS) serves as a liaison and resource to the KCC community regarding disability issues, promotes equal access to all KCC programs and activities, and makes every reasonable effort to provide appropriate accommodations and assistance to students with disabilities. Please contact this office if you require such accommodations and assistance. Your instructor will be glad to make the accommodations you need, but you must have documentation from the Access-Ability office for any accommodations.*

***Academic dishonesty is prohibited in The City University of New York and is punishable by penalties, including failing grades, suspension, and expulsion. Additional information can be found in the College catalog (<http://www.kingsborough.edu/sub-registration/Pages/catalog.aspx>). Plagiarism is a violation of academic integrity. Plagiarism is the intentional theft(s) of someone else's intellectual property without attribution (proper credit). Determination and penalty – ranging from grade reduction to course failure – will be decided by the instructor.*

******Class attendance is a vital part of the learning experience. A student who has been absent 15% or more of the total instructional hours that a class meets may be considered excessively absent by the instructor. The instructor may consider excessive absences as a factor in the assignment of a student's grade. Views of online materials will be tracked. Lack of viewing of online content for a week or module will be considered an absence unless extenuating circumstances are discussed with the course instructor in real time.***

*****The course professor utilizes a variety of teaching methodologies to facilitate accomplishment of student learning objectives. These methodologies may include interactive lecturing, supervised group and simulation activities, web-based instruction, use of custom computer-based study guides, and active learning strategies.*

******Please see the PTA student handbook for the full PTA Grading Policy. As noted in the PTA Student handbook, Grading Policy:*

- 1. In order to begin either full-time clinical affiliation the student must have satisfactorily completed all subsequent program course work with a grade of C or better.*
- 2. In order to earn a passing grade in each course the student must be assessed as at least competent in all identified skills as listed on the Student Proficiency Profile and assessed via the specific course skills checklist form.*
- 3. The student must earn a grade of C or better on all comprehensive laboratory practical examinations and all final examinations.*

4. *In the event that a student receives a grade of less than C in any PTA program course or on a comprehensive final practical or written examination, continued progression in the program is prohibited. The student may apply for readmission the following academic year. Upon readmission the student must repeat the course. A course may only be repeated once. No more than two (2) required PTA courses can be repeated because of an unsatisfactory initial grade.*