



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

**LAST REVIEW:** 2006-2007  
(i.e. 2003-2004)

**NEXT REVIEW:** 2011-2012  
(i.e. 2008-2009)

**STATUS:** A  
(A, I, D)

**COURSE TITLE:** Disabilities and Therapeutic Procedures II

**COMMON COURSE NUMBER:** PHT 2224L

**CREDIT HOURS:** 2

**CONTACT HOUR BREAKDOWN**  
(per 16 week term)

**CLOCK HOURS:**  
(Voc. Course ONLY)

Lecture:                      Lab: **64**  
Clinic:                         Other:

**PREREQUISITE(S):** PHT 1103L and PHT 1200L

**COREQUISITE(S):** PHT 1211L and PHT 2224

**PRE/COREQUISITE(S):**

**COURSE DESCRIPTION** (750 characters, maximum):

Laboratory sessions for Disabilities and Therapeutic Procedures II (PHT 2224) are designed to provide the student with observation and actual application of therapeutic exercises in the laboratory setting. Case studies of various medical conditions with emphasis on therapeutic exercise interventions are completed. ROM and stretching techniques are practiced. Goniometry and manual muscle testing procedures are practiced as they relate to the provision of therapeutic exercise. Data collection relative to the course content as well as patient and caregiver education are emphasized. Professional behaviors, at the intermediate level, are assessed. Skill checks as well as competency evaluations are completed. Students are expected to demonstrate competency in developing and carrying out an appropriate therapeutic exercise program including effective documentation.

## UNIT TITLES

- 1.0 *Passive Range of Motion*
- 2.0 *Active Assistive ROM Interventions*
- 3.0 *Stretching Interventions*
- 4.0 *Resistance Interventions*
- 5.0 *Overview of Special Therapeutic Interventions*
- 6.0 *Posture*
- 7.0 *Functional Approach to Therapeutic Exercise of the Spine*
- 8.0 *Functional Approach to Therapeutic Exercise of the Upper Extremity*
- 9.0 *Functional Approach to Therapeutic Exercise of the Lower Extremity*
- 10.0 *Panel Discussion and Demonstration*
- 11.0 *Functional Approach to Therapeutic Exercise for Specific Impairments*
- 12.0 *Practical Examination*



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## ASSESSMENT:

Please provide a brief description (250 characters maximum) that details how students will be assessed on the course outcomes.

1. Assessment of reading and online assignments via submission of homework projects;
2. Pre-lab exercises;
3. Participation in Discussion Forums on the WebCT site;
4. Skill Checks and Practical Examinations to assess competency

*\*\*\* Complete the following only if course is seeking general education status \*\*\**

## GENERAL EDUCATION Competencies and Skills \*:

Please highlight in green font all Competencies/Skills from the list below that apply to this course. In the box to the right of the Competency/Skill, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 5.12) that apply.

1. Read with critical comprehension	
2. Speak and listen effectively	
3. Speak and listen effectively	
4. Think creatively, logically, critically, and reflectively (analyze, synthesize, apply, and evaluate)	
5. Demonstrate and apply literacy in its various forms: <i>(highlight in green ALL that apply)</i> ( 1. technological, 2. informational, 3. mathematical, 4. scientific, 5. cultural, 6. historical, 7. aesthetic and/or 8. environmental )	
6. Apply problem solving techniques to real-world experiences	
7. Apply methods of scientific inquiry	
8. Demonstrate an understanding of the physical and biological environment and how it is impacted by human beings	
9. Demonstrate an understanding of and appreciation for human diversities and commonalities	
10. Collaborate with others to achieve common goals.	
11. Research, synthesize and produce original work	
12. Practice ethical behavior	
13. Demonstrate self-direction and self motivation	
14. Assume responsibility for and understand the impact of personal behaviors on self and society	
15. Contribute to the welfare of the community	

*\* General Education Competencies and Skills endorsed by '05-'06 General Education Task Force*



Common Course Number: PHT 2224L

## UNITS

### Unit 1 Passive Range of Motion

#### *General Outcome:*

- 1.0 The student will be able to perform passive range-of-motion interventions.

#### *Specific Instructional Objectives:*

Upon successful completion of this unit, the student will be able to:

- 1.1 Complete all content areas of the lab activity **PRIOR** to attending the actual lab session utilizing course notes, Case Study Handbook and textbooks as needed.
- 1.2 Perform Passive Range of Motion intervention for the upper and lower extremities with attention to full range of movement at each joint.
- 1.3 Perform Passive Range of Motion intervention for the cervical and lumbar spine.
- 1.4 Utilize proper hand placement to stabilize and move each joint segment.
- 1.5 Verbally review each joint's range of motion while performing the actual technique.
- 1.6 Be aware of correct body mechanics while performing all interventions.
- 1.7 Be aware of patient's body alignment and draping where necessary.
- 1.8 Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 1.9 Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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**Unit 2 Active Assistive ROM Interventions**

***General Outcome:***

- 2.0 The student will be able to perform specific active assistive range of motion interventions.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 2.1 Complete all content areas of the lab activity ***PRIOR*** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 2.2 Perform a variety of Active Assistive Range of Motion interventions for the upper and lower extremities.
- 2.3 Become familiar with the various forms of Active Assistive equipment and their proper utilization.
- 2.4 Document specific considerations involving each of the AAROM techniques
- 2.5 Demonstrate the various techniques practiced in lab.
- 2.6 Be aware of correct body mechanics while performing all techniques.
- 2.7 Be aware of patient's body alignment and draping where necessary.
- 2.8 Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 2.9 Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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**Unit 3      Stretching Interventions**

***General Outcome:***

- 3.0      The student will be able to implement basic mobility and stretching interventions.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 3.1      Complete all content areas of the lab activity **PRIOR** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 3.2      Perform Manual Passive Stretching Techniques for UE.
- 3.3      Perform a Prolonged Static Stretch to muscles of the lower extremity.
- 3.4      Instruct your patient in Self Stretches to muscles of the trunk.
- 3.5      Perform Reciprocal Inhibition Stretching Techniques for muscles of the extremities as described in your course notes.
- 3.6      Perform Autogenic Inhibition Stretching Techniques for muscles of the extremities as described in your course notes.
- 3.7      Utilize proper hand placement to stabilize and stretch each joint segment.
- 3.8      Verbally review each joints range of motion while performing the actual technique.
- 3.9      Be aware of correct body mechanics while performing all techniques.
- 3.10     Be aware of patient's body alignment and draping where necessary.
- 3.11     Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 3.12     Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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**Unit 4      Resistance Interventions**

***General Outcome:***

4.0      The student will be able to perform a variety of resistance interventions.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 4.1      Complete all content areas of the lab activity ***PRIOR*** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 4.2      Become familiar with various resistive exercise interventions.
- 4.3      Perform manual resistive exercises for a variety of muscles and movement patterns.
- 4.4      Document specific considerations for each of the techniques presented at the stations.
- 4.5      Utilize proper hand placement to stabilize and perform resistance at each joint segment.
- 4.6      Be aware of correct body mechanics while performing all techniques.
- 4.7      Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 4.8      Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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**Unit 5 Overview of Special Therapeutic Interventions**

***General Outcome:***

- 5.0 The student will be able to provide an overview of special therapeutic exercise interventions

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 5.1 Complete all content areas of the lab activity **PRIOR** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 5.2 Practice application of therapeutic exercise interventions commonly used in soft tissue injury, postoperative management, management of fractures and aquatic physical therapy.
- 5.3 Practice application of ther ex interventions commonly used open and closed kinetic chain training.
- 5.4 Practice application of therapeutic exercise interventions commonly used in plyometrics.
- 5.5 Utilize proper technique when applying the above to simulated patient conditions and injuries.
- 5.6 Verbally instruct simulated patients in specific exercise intervention.
- 5.7 Be aware of correct body mechanics while performing all techniques.
- 5.8 Be aware of patient's body alignment and draping where necessary.
- 5.9 Participate in discussions that occurs during the course of the lab activity or at the end of the lab session.
- 5.10 Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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Unit 6 Posture

*General Outcome:*

6.0 The student will be able to understand and apply concepts of proper body alignment and posture.

*Specific Instructional Objectives:*

Upon successful completion of this unit, the student will be able to:

- 6.1 Complete all content areas of the lab activity **PRIOR** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 6.2 Perform dynamic and static postural assessment utilizing a plumb line (posterior and lateral) on partner.
- 6.3 Document postural deviations, on the posture assessment form, utilizing proper terminology.
- 6.4 Be aware of correct body mechanics while performing all assessments.
- 6.5 Participate in discussions that occurs during the course of the lab activity or at the end of the lab session.
- 6.6 Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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**Unit 7      Functional Approach to Therapeutic Exercise of the Spine**

***General Outcome:***

- 7.0      The student will be able to perform patient care interventions to the spine using a functional approach to therapeutic exercise including basic goniometry and manual muscle testing

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 7.1      Complete all content areas of the lab activity ***PRIOR*** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 7.2      Perform a therapeutic exercise session appropriate for the management of scoliosis and spine rehab.
- 7.3      Perform stretching and strengthening exercises of supportive musculature of the spine.
- 7.4      Be aware of correct body mechanics and patient education related to back care.
- 7.5      Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 7.6      Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.
- 7.7      Perform basic goniometry and manual muscle testing procedures for the spine.



**Common Course Number: PHT 2224L**

**Unit 8      Functional Approach to Therapeutic Exercise of the Upper Extremity**

***General Outcome:***

- 8.0      The student will be able to perform patient care interventions to the upper extremity using a functional approach to therapeutic exercise including basic goniometry and manual muscle testing

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 8.1      Complete all content areas of the lab activity ***PRIOR*** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 8.2      Perform a therapeutic exercise intervention appropriate for the management of shoulder, elbow, wrist and hand pathologies.
- 8.3      Perform stretching and strengthening interventions for the upper extremity.
- 8.4      Perform finger and hand dexterity activities.
- 8.5      Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 8.6      Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.
- 8.7      Perform basic goniometry and manual muscle testing procedures for the upper extremity.



**Common Course Number: PHT 2224L**

**Unit 9      Functional Approach to Therapeutic Exercise of the Lower Extremity**

***General Outcome:***

- 9.0      The student will be able to perform patient care interventions to the lower extremity using a functional approach to therapeutic exercise including basic goniometry and manual muscle testing.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 9.1      Complete all content areas of the lab activity ***PRIOR*** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 9.2      Perform a therapeutic exercise intervention appropriate for the management of hip, knee and ankle pathologies.
- 9.3      Perform stretching and strengthening exercises of the lower extremity.
- 9.4      Participate in any discussion that occurs during the course of the lab activity or at the end of the lab session.
- 9.5      Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.
- 9.6      Perform basic goniometry and manual muscle testing procedures for the lower extremity.



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**Unit 10 Panel Discussion and Demonstration**

***General Outcome:***

- 10.0 The student will be able to participate in a panel discussion and demonstration of therapeutic exercise interventions as part of a case study.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 10.1 Demonstrate to the class two interventions incorporated into the treatment session during completion of the case study assignment.
- 10.2 Discuss the rationale for each of the interventions.
- 10.3 Relate the significance of vital sign responses to progression within an exercise plan of care.
- 10.4 Relate the benefit of each of the interventions to the patient's improvement in functional status.
- 10.5 Participate in panel discussion: appropriateness of the intervention and accuracy of performance of the individual presenting.
- 10.6 Discuss components required in adequate documentation for exercise plans of care.
- 10.7 Complete a Team Effort Form delineating the participation and contribution of each of the team members.
- 10.8 Follow the specific directions of completing the Case Study Oral presentation as detailed on a separate handout in the Case Study Handbook.



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**Unit 11 Functional Approach to Therapeutic Exercise for Specific Impairments**

***General Outcome:***

- 11.0 The student will be able to perform therapeutic exercise interventions for several specific impairments.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 11.1 Complete all content areas of the lab activity **PRIOR** to attending the actual lab session utilizing course notes, the Case Study Handbook and textbooks as needed.
- 11.2 Perform Coordination Exercises as described.
- 11.3 Perform Balance interventions.
- 11.4 Perform interventions commonly utilized for the Obstetric patient.
- 11.5 Perform a Phase I Cardiac Rehabilitation Program with a partner.
- 11.6 Perform Diaphragmatic and Segmental Breathing Exercises.
- 11.7 Perform interventions for Bell's Palsy.
- 11.8 Perform interventions to promote relaxation.
- 11.9 Perform interventions that favor improved function of Activities of Daily Living.
- 11.10 Be aware of correct body mechanics while performing all techniques.
- 11.11 Be aware of patient's body alignment and draping where necessary.
- 11.12 Participate in discussions that occur during the course of the lab activity or at the end of the lab session.
- 11.13 Use any available time remaining in the lab session to practice interventions that have been presented/demonstrated.



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**Unit 12 Practical Examination**

***General Outcome:***

- 12.0 The student will be able to demonstrate competency in stretching and strengthening as assessed on a practical examination.

***Specific Instructional Objectives:***

Upon successful completion of this unit, the student will be able to:

- 12.1 Demonstrate proper technique performing a manual stretching technique for a designated muscle.
- 12.2 Demonstrate proper technique performing strengthening exercises for a designated muscle with a 2/5 muscle grade and a 3+/5 muscle grade.
- 12.3 Demonstrate proper patient positioning for stretching and strengthening intervention.
- 12.4 Demonstrate proper body mechanics during stretching and strengthening technique.
- 12.5 Utilize appropriate verbal communication with the patient for stretching and strengthening intervention.
- 12.6 Demonstrate ability to simulate role of patient with designated dysfunction during intervention.
- 12.7 Participate in peer review of performance.