



# 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:** Rehabilitative Procedures Lab

**COMMON COURSE NUMBER:** PHT 2704

**CREDIT HOURS:** 1

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

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

Lecture:                      Lab: 32  
Clinic:                         Other:

**PREREQUISITE(S):** PHT 2162

**COREQUISITE(S):** PHT 2704 and PHT 2931

**PRE/COREQUISITE(S):**

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

Laboratory sessions for Rehabilitative Procedures (PHT 2704) are designed for the students to practice the utilization of developmental postures in patient interventions as well as PNF, facilitation/inhibition techniques and other forms of advanced therapeutic exercise approaches. Stump wrapping and therapeutic management of prosthetic patients are practiced. Case studies of various medical conditions with emphasis on advanced therapeutic exercise approaches as well as application of prosthetic principles are completed. Data collection relative to the course content as well as patient and caregiver education are emphasized. Skill checks are completed. Students are expected to demonstrate competency in developing and carrying out appropriate interventions for a patient with neurological deficits. Professional behaviors, at the entry level, are assessed.

## UNIT TITLES

- 1.0 *Joint Mobilizations*
- 2.0 *UE/LE Amputee Exercise Programs and Stump Wrapping*
- 3.0 *Developmental Postures*
- 4.0 *Facilitation and Inhibition Techniques*
- 5.0 *Bobath and Brunnstrom Techniques*
- 6.0 *Proprioceptive Neuromuscular Techniques*
- 7.0 *Simulated Clinic*



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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*



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**Common Course Number: PHT 2704L**

## **UNITS**

### **Unit 1      Joint Mobilization**

#### ***General Outcome:***

1.0      The student will be able to discuss indications for joint mobilizations and basic technique

#### ***Specific Instructional Objectives:***

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

- 1.1      Identify joint motion restriction and appropriate mobilization to improve deficit.
- 1.2      Position patient for specific joint mobilizations.
- 1.3      Demonstrate basic understanding of hand position to perform specific mobilizations.



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**Unit 2 UE/LE Amputee Exercise Programs and Stump Wrapping**

***General Outcome:***

- 2.0 The student will be able to perform simulated appropriate therapeutic exercises interventions as detailed in an amputee's plan of care and stump wrapping.

***Specific Instructional Objectives:***

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

- 2.1 Educate via appropriate verbal communication a simulated patient in proper positioning to avoid contractures.
- 2.2 Execute several therapeutic exercise interventions for the LE and the UE amputee.
- 2.3 Demonstrate beginning skill in stump wrapping for transfemoral and transtibial amputations.
- 2.4 Recognize the various components of prosthetic devices.
- 2.5 Identify areas where pressure may develop and therefore may alter the condition of the skin.
- 2.6 Verbalize safety factors to consider when wearing a prosthetic device.
- 2.7 Simulate a patient care experience in which stump wrapping, therapeutic exercise interventions and proper use of a prosthetic device are practiced.



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**Unit 3      Developmental Postures**

***General Outcome:***

- 3.0      The student will be able to incorporate developmental sequencing into a neurorehabilitation plan of care.

***Specific Instructional Objectives:***

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

- 3.1      Understand advancement of a patient advancement utilizing principles of neuromuscular maturation as evidenced in the developmental sequence.
- 3.2      Utilize these postures in various patient care interventions/approaches.
- 3.3      Demonstrate an ability to adapt and alter interventions/approaches in response to the patient's response.
- 3.4      Correctly apply resistance as an aid to developing stability in any of the developmental postures.
- 3.5      Relate the significance of utilizing the developmental sequence as a means by which patient progress occurs during neurorehabilitation.



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**Unit 4      Facilitation and Inhibition Techniques**

***General Outcome:***

- 4.0      The student will be able to perform a variety of facilitory and inhibitory techniques commonly utilized in a neurorehabilitation program.

***Specific Instructional Objectives:***

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

- 4.1      Perform various facilitation and inhibition interventions with a simulated patient expressing an understanding of the benefit of each technique.
- 4.2      Demonstrate awareness of proper hand placement and positioning considerations for interventions performed.
- 4.3      Perform a variety of associated reactions with a simulated patient.
- 4.4      Practice Brunnstrom-based interventions with simulated patient.
- 4.5      Perform basic operation a biofeedback unit.
- 4.6      Verbally express how biofeedback can be utilized for either facilitation or inhibition.



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**Unit 5      Bobath and Brunnstrom Techniques**

***General Outcome:***

- 5.0      The student will be able to integrate advanced therapeutic techniques into an overall approach to a variety of patient conditions.

***Specific Instructional Objectives:***

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

- 5.1      Perform various techniques based upon the Bobath approach to the neurologically involved patient with a simulated patient.
- 5.2      Demonstrate awareness of proper hand placement and positioning considerations for interventions performed.
- 5.3      Perform various techniques based upon the Brunnstrom approach to the neurologically involved patient with a simulated patient.
- 5.4      Understand the progression of patient care interventions within a plan of care for a neurologic patient



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**Unit 6      Proprioceptive Neuromuscular Facilitation**

***General Outcome:***

6.0      The student will be able to execute basic PNF techniques.

***Specific Instructional Objectives:***

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

- 6.1      Understand how correct performance of head/neck, upper trunk and extremity diagonals affects the overall rehabilitation of the patient.
- 6.2      Perform PNF diagonal patterns of the upper and lower extremities.
- 6.3      Utilize diagonal patterns of movement in patient care interventions for both neurological and orthopedic conditions.
- 6.4      Understand when the different diagonals are utilized in terms of expected outcomes.
- 6.5      Practice and differentiate between the variety of specific PNF techniques within each of the diagonals - i.e., timing for emphasis, rhythmic initiation, etc.
- 6.6      Understand how each of the diagonals relates to the performance of functional activities.



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**Unit 7      Simulated Clinic**

***General Outcome:***

- 7.0      The student will be able to perform a comprehensive physical therapy session for a patient based on the physical therapy evaluation.

***Specific Instructional Objectives:***

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

- 7.1      Prioritize patient problems limiting functional activities and gait.  
7.2      Discuss and demonstrate advanced therapeutic interventions to manage patient problems.  
7.3      Utilize various postures within the developmental sequence to perform interventions.  
7.4      Practice appropriate guarding and body mechanics to maintain safety during performance of interventions.  
7.5      Practice verbal cues to facilitate performance of interventions.