

# Physical Therapy Program Standards

<b>1.0</b>	<b>The Profession of Physical Therapy</b>
1.1	Describe the evolution of physical therapy in the United States from the early 1900s to present day including the impact of World War I and II.
1.2	Define the major focus of the rehabilitation team
1.3	List the different members of the rehabilitation team and describe the function of each
1.4	Discuss the role of the physical therapy technician as it relates to working with patients with physical disabilities
<b>2.0</b>	<b>Career Opportunities</b>
2.1	Discuss career opportunities available to the physical therapy technician
2.2	Describe the training required at various levels of health care providers in the fields of physical therapy and physical medicine
2.3	Distinguish between settings within health care facilities
2.4	Discuss specialized physical therapy settings (pediatrics, women's health, neurological)
2.5	Discuss some of the desirable personal characteristics and technical skills required of a physical therapy technician
2.6	Identify several potential duties of the physical therapy technician
2.7	List potential employers of a physical therapy technician
<b>3.0</b>	<b>Ethical and Legal Issues</b>
3.1	Delineate between medical law and medical ethics
3.2	Discuss the purpose for the need to license medical personnel
3.3	Briefly discuss the Good Samaritan Act
3.4	Demonstrate an understanding of specific patient consent forms
3.5	State the legal implications of a patient's medical record and how to protect patients' rights (HIPAA, code of ethics, standard of care)
3.6	Investigate ethical and legal issues affecting the field of physical therapy and explain the Code of Ethics that members of the physical therapy team are morally bound to follow
<b>4.0</b>	<b>Medical Terminology</b>
4.1	Identify specific prefixes, suffixes, and root words related to medical terms.
4.2	Use common medical abbreviations and acronyms used in the healthcare environment
4.3	Identify body structure terms related to positions, directions, anatomical planes, posture, and types of movement
4.4	Explain the importance and uses of the medical record
4.5	Explain the benefits of an electronic medical record (EMR) system
4.6	Differentiate between subjective, objective, assessment and plan information on a patient's medical record
<b>5.0</b>	<b>Patient Positioning and Transferring</b>
5.1	Explain the different types of patient positioning (supine, fowlers, trendelenburg, side-lying)
5.2	Demonstrate proper procedure for moving a patient in a bed (log rolling, segmental rolling)

# Physical Therapy Program Standards

5.3	Describe the role body mechanics plays in physical therapy
5.4	Identify and use equipment to transfer a patient (ex. slide board, gait belt, etc.)
5.5	Demonstrate the procedure for transferring a patient with assistance (minimal, maximal, 2 persons)
5.6	Identify the proper use of a pneumatic lift machine (hoyer)
<b>6.0 Workplace Safety and Infection Control</b>	
6.1	Identify Occupational Safety and Health Administration (OSHA) guidelines in relation to healthcare
6.2	Identify common safety hazards in health care settings
6.3	Identify the importance of a safe and sanitary treatment area
6.4	Demonstrate how to manage a safe and sanitary treatment area including the use of sanitation techniques, disinfectants and antiseptics
6.5	Explain the chain of infection and modes of transmission of disease
6.6	Demonstrate principles of proper hand hygiene
6.7	Demonstrate necessary isolation procedures
6.8	Use Personal Protective Equipment (PPE) and explain the reasoning behind using PPE
<b>7.0 Health Care Skills</b>	
7.1	Analyze routine vital signs (blood pressure, pulse, respiration rate)
7.2	Measure and record height and weight
7.3	Demonstrate proper wound care (e.g. cleaning, bandaging, and dressing)
7.4	Perform CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) procedures on infants, children, and adults
7.5	Demonstrate the proper use of PRICE (protection, rest, ice, compression and elevation)
<b>8.0 Examine Health and Performance Concepts</b>	
8.1	Describe nutritional concepts used to evaluate dietary intake and physical composition (e.g. 6 basic components of food; protein, carbohydrates, fats, vitamins, minerals, water)
8.2	Analyze the safety and efficacy of dietary supplements
8.3	Describe exercise and nutrition considerations for special populations (medical conditions, weight management, food intolerances)
8.4	Distinguish between general strength and conditioning training principles
8.5	Perform tests and interpret results used to determine cardiopulmonary endurance, strength, flexibility and body composition
<b>9.0 Anatomy and Physiology</b>	
9.1	Examine the structure and function of the cardiovascular system
9.2	Examine the structure and function of the musculoskeletal system
9.3	Examine the structure and function of the neurological system
9.4	Examine the structure and function of the integumentary system
9.5	Examine the structure and function of axial regions of the body
9.6	Examine the structure and function of upper and lower extremities of the body
9.7	Analyze the joints and their articular structures

# Physical Therapy Program Standards

<b>10.0</b>	<b>Treat Common Medical Disorders</b>
10.1	Define the role of physical therapy in caring for patients with special medical conditions
10.2	Explain the role of the physical therapy technician in assisting with treatment of patients diagnosed with common musculoskeletal and neurological disorders
10.3	Explain the role of the physical therapy technician in assisting with treatment of patients diagnosed with common cardiovascular and respiratory disorders
10.4	Describe the role of the physical therapy technician in assisting a patient with an amputation
<b>11.0 Ambulation and Gait</b>	
11.1	Define the term ambulation and summarize the physical therapy technicians role in assisting the patient with it
11.2	Model the different phases in the gait cycle
11.3	Identify characteristics of gait disorders
11.4	Explain how to choose the appropriate ambulatory device for a patient's use
11.5	Identify basic ambulatory devices, and briefly discuss the physical therapy technician role in assisting the patient to use them
11.6	Delineate the difference between a two-point, three point, and a four point gait as each relates to crutch walking
11.7	Describe the difference between a swing-to and a swing-through gait, and briefly explain how each relates to crutch walking
11.8	Describe the physical therapy technician role in assisting the patient to walk up and down stairs using an ambulatory devices
11.9	Explain indications, contraindications, safety precautions, and proper techniques for gait training (e.g. weight bearing assistive device, prosthetics, orthotic devices and canes)
<b>12.0 Therapeutic Exercises</b>	
12.1	State the ultimate purpose of any therapeutic exercise program
12.2	Differentiate among various kinds of exercises (e.g. isometric, isotonic, manual resistance, isokinetic, circuit training)
12.3	Discuss the physical therapy technician role in assisting the patient with therapeutic exercises
12.4	Consider indications, contraindications, and safety precautions in strength, conditioning, and exercise activities (e.g. isotonic, isometric and isokinetic)
12.5	Describe types of stretching and flexibility strategies (e.g. static, ballistic, dynamic, proprioceptive neuromuscular facilitation)
12.6	Explain strength, mobility, and balance as related to performance and injury prevention
12.7	Apply appropriate rehabilitation progression (e.g. previous functional level)
12.8	Describe the purpose of range of motion exercises and explain the difference between passive and active range of motion
12.9	Explain how muscle strength is graded
12.10	Distinguish between the different anatomical planes of motion
<b>13.0 Physical Therapy Agents and Modalities</b>	

# Physical Therapy Program Standards

13.1	Prepare the patient/client for treatment expectations, physiological changes and special instructions for specific modality/therapy usage
13.2	Explain indications, contraindications, safety precautions, and applications related to modalities (e.g. thermotherapy, cryotherapy, electric stimulation, ultrasound, hydrotherapy, compression)
13.3	Describe how to assess pain level using a rating scale (1-10 scale; smiley face scale)
13.4	Define hydrotherapy and describe its use in physical therapy
13.5	Explain ultrasound and describe its application in physical therapy
13.6	Contrast the difference between cold therapy and heat therapy and briefly discuss when each should be applied
13.7	Demonstrate how to use deep and superficial heating agents (paraffin, hot packs/moist heat, therapeutic ultrasound)
13.8	Explain therapeutic massage and when it is used
13.9	Demonstrate how to use mechanical traction and when it is used
<b>14.0</b>	<b>Specialized Clinical Procedures</b>
14.1	Identify the different types of specialized therapies used for patients with specific physiological needs
14.2	Define the term reduction and differentiate between open reduction and closed reduction
14.3	Describe the purpose of a cast and bracing
14.4	Explain how pet therapy can be used with patients
<b>15.0</b>	<b>Administrative Responsibilities</b>
15.1	Describe basic terminology of health insurance (co-pay, third party, referrals, visit authorization)
15.2	Demonstrate proper payment calculation and collection
15.3	Demonstrate answering, screening and documenting phone calls
15.4	Interpret a patient flowsheet and modify based off patient's needs