



BAKER COLLEGE

STUDENT LEARNING OUTCOMES

PTA 2410 Therapeutic Exercise

3 Semester Hours

Student Learning Outcomes and Enabling Objectives

At the completion of this course, the student will be able to perform the following outcomes with a minimum competency of 77% (C+) or better.

1. Explain the management of common orthopedic conditions incorporating pathology, tissue healing, and therapeutic exercise.
 - a. Explain the typical physiological response to various forms of exercise and adaptations to regular exercise and diminished activity. **7D24a**
 - b. Describe the relevance of tissue injury and stage of healing to the performance of therapeutic exercise.
 - c. Examine signs and symptoms of pathological musculoskeletal conditions and how they impact therapeutic interventions.
2. Produces quality documentation of therapeutic exercise and patient response that is accurate concise, timely, legible, grammatically and technically correct. **7D25**
3. Demonstrate safe and effective therapeutic interventions to improve range of motion (ROM) for all of the major joints including passive range of motion (PROM), active-assisted range of motion (AAROM), active range of motion (AROM) and joint mobilization techniques.
 - a. Select the appropriate interventions to improve ROM for various patient conditions based on the plan of care established by the physical therapist. **7D19, 7D21, 7D23h**
 - b. Perform proper positioning in gravity-eliminated, gravity-assisted and anti-gravity positions for major muscle groups and use appropriately during treatment interventions. **7D23h**
 - c. Perform manual therapy techniques to improve ROM with appropriate speed, force and hand placement for patient safety, comfort and outcome. **7D23e, 7D24g, 7D24h**
 - d. Demonstrate proper patient instruction and progression of various therapeutic exercises to improve ROM. **7D12, 7D19, 7D20, 7D21, 7D23h**
4. Demonstrate appropriate therapeutic interventions to improve strength, power, and endurance for various patient conditions based on the plan of care established by the physical therapist.
 - a. Compare and contrast the various types of strengthening exercises and resistance (elastic, body weight, static, and dynamic) and the rationale for use in the clinical setting.
 - b. Demonstrate proper patient instruction and progression of various therapeutic strengthening exercises. **7D12, 7D19, 7D20, 7D21, 7D23h, 7D26**
 - c. Modify therapeutic strength exercises appropriately within the plan of care to maximize patient safety, comfort and outcome. **7D19, 7D21, 7D23h, 7D24c**
 - d. Explain the indications, contraindications, and precautions for selected therapeutic exercises based on relevant data collection and patient condition. **7D20, 7D21, 7D23h**

5. Apply knowledge of body mechanics and posture to appropriately instruct patients in stabilization and posture awareness activities.
 - a. Demonstrate basic spinal stabilization exercises for patients at varying levels of acuity using appropriate verbal and tactile cueing. 7D23h, 7D24k
 - b. Instruct patients in postural awareness exercises for common functional activities such as sitting, standing, and squatting. 7D12, 7D23h, 7D24k
 - c. Explain the importance of the core musculature for functional movement and postural stability.
6. Demonstrate safe and effective therapeutic interventions to improve flexibility for all the major joints including manual muscle stretching, contract/relax stretching, dynamic flexibility and static stretching. 7D23h, 7D24h
7. Demonstrate safe and effective therapeutic interventions to improve balance, coordination, agility and dexterity for various patient conditions within the plan of care established by the physical therapist.
 - a. Explain the indications, contraindications, and precautions for selected therapeutic exercises intended to improve balance, coordination, and agility. 7D21
 - b. Demonstrate proper patient instruction and progression in therapeutic activities aimed to improve balance, coordination, agility. 7D12, 7D19, 7D20, 7D21, 7D23h
 - c. Demonstrate therapeutic exercises for improving upper extremity dexterity and fine motor skills for selected patient conditions. 7D24i, 7D23h
8. Demonstrate effective instruction of patients and or caregivers in the performance of a home exercise program that is relevant to the goals established in the plan of care and patients' abilities. 7D12
9. Explore other types of therapeutic interventions used in various clinical settings such as the McKenzie Method and Functional exercise. 7D24k
10. Demonstrate professional behaviors in the classroom and laboratory, including effective communication, sensitivity to individual differences and learning styles, time management, and self-reflection. 7D4, 7D7, 7D8

Required Elements

RE 1: Lab Competencies

RE 2: The final lab practical patient scenario based on the plan of care established by the physical therapist

Big Ideas

- Exercise physiology concepts
- Selection and performance of TE based on patient condition
- ROM exercises and joint mobilization
- Strength, power and endurance exercises
- Core and stabilization exercises – body mechanics and posture
- Flexibility exercises
- Conditioning
- Home exercise program/teaching
- Documentation

These SLOs are NOT approved for experiential credit, because students must have the most current knowledge and also demonstrate competency in this course.

Effective: Fall 2018