COURSE NO., HOURS AND TITLE:  PTH 210A-2: Introduction to Therapeutic Exercise Theory

COURSE DESCRIPTION:

PTH 210A – Introduction to Therapeutic Exercise Theory: This course is an introduction to therapeutic exercise theory. Students will apply basic neuroanatomy and theoretical concepts related to therapeutic exercise and identify treatment interventions and special tests associated with specific orthopedic conditions.

COREQUISITE: PTH 210B.

PREREQUISITE: PTH 207 with a minimum grade of C. Restricted to PTH major.


COURSE OBJECTIVES:

Upon successful completion of this course, the student shall be able to:

1. Understand the scientific principles related to therapeutic exercise as measured by performance on written examination.

2. Identify common orthopedic conditions related to the upper extremity and apply appropriate treatment interventions as measured by performance on written examinations.

3. Identify common orthopedic conditions related to the lower extremity and apply appropriate treatment interventions as measured by performance on written examinations.

4. Identify special tests commonly utilized in physical therapy examinations as measured by performance on written examinations.

5. Understand the normal gait pattern and recognize common gait deviations as measured by performance on written examinations.

6. Understand body mechanics, common postural abnormalities and associated structural and soft tissue adaptations as measured by performance on written examinations.

7. Distinguish between structural and nonstructural scoliosis as measured by performance on written examinations.

8. Identify common orthopedic conditions related to the cervical and lumbar spine and apply appropriate treatment interventions as measured by performance on written examinations.
TOPICAL OUTLINE:

<table>
<thead>
<tr>
<th>Topics</th>
<th>Percentages</th>
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<tbody>
<tr>
<td>I. Principles of Stretching and ROM</td>
<td>10.0%</td>
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<tr>
<td>II. Principles of Muscle Performance</td>
<td>12.5%</td>
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<tr>
<td>III. Upper Extremity Dysfunctions and Treatment</td>
<td>25.0%</td>
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<tr>
<td>IV. Lower Extremity Dysfunctions and Treatment</td>
<td>25.0%</td>
</tr>
<tr>
<td>V. Gait</td>
<td>12.5%</td>
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<tr>
<td>VI. Posture and Scoliosis</td>
<td>12.5%</td>
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</tbody>
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TEXTBOOKS:

Required:

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