Course Syllabus

PTH 212A
Physical Rehabilitation Theory
Spring 2016

Instructor:
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Office Hours:
Monday 1:00pm-2:00pm
Tuesday 10:00am-12:00pm
Wednesday 1:00pm-2:00pm
Thursday 10:00am-12:00pm

Class Schedule
Monday and Wednesday
2:00pm-3:35pm

Course Description:
Students will be able to understand and explain the need for and concepts involved in physical rehabilitation interventions that assist patients in obtaining a state of optimal function. Co-requisite: PTH 212B. Restricted to PTH majors.

Course Objectives:

1. Understand concepts of goniometry. Learn proper alignment, landmarks, and use of goniometer.
2. Gait training
   a. Understand the terms of the gait cycle
   b. Identify normal and abnormal gait patterns
   c. Identify the need for an assistive device
   d. Identify and understand weight bearing and non-weight bearing patterns
3. Assistive devices
   a. Identify the assistive device.
   b. Understand the need and use for an assistive device.
   c. Understand and identify which type of assistive device is appropriate.
   d. Understand the progression of assistive devices.
4. Orthotics
   a. Understand the use of orthotics
   b. Understand types of orthotics for various joints
5. Adaptive devices
   a. Understand and identify adaptive devices
   b. Know when the use of these devices are appropriate

6. Transfers
   a. Understand and identify various transfers
   b. Know types of transfers and how to name each

7. Bed mobility
   a. Understand how a patient moves in bed.
   b. Know the assistance needed and how to name the assistance

8. Stroke
   a. Understand the symptoms of a stroke.
   b. Know limitations that tend to occur with a stroke.
   c. Understand how transfers, bed mobility, and gait cycle are effected by stroke.
   d. Know risk factors for stroke.
   e. Understand basic treatments of stroke.

9. Spinal cord injury
   a. Understand the mechanism of a spinal cord injury.
   b. Know how an injury to the spinal cord affects bodily function.
   c. Understand treatments of spinal cord injured patients in improve quality of life.

10. Amputation
    a. Understand reasons for amputation.
    b. Know types of amputations.
    c. Understand treatment of amputations.

11. Prosthetics
    a. Know types of prosthetics
    b. Understand problems that occur with prosthetics.
    c. Understand basic fitting of prosthetics.

12. Cardiac rehab
    a. Know stages of cardiac rehab
    b. Know purpose of cardiac rehab

13. Chest PT
    a. Know purpose of chest PT
    b. Understand the lungs and what chest PT is to accomplish.

14. Postural drainage
    a. Understand purpose of postural drainage
    b. Know positions of postural drainage and area being drained.

15. Know terms used in exercise and ROM.
    a. Know the difference between PROM, AAROM, AROM, and RROM
    b. Understand reasons for use of these types of ROM.

Textbook:

Grading:

Tests 5 50 points each
Quizzes/assignments 5 10 points each
Final Exam 1 100 points

Tests will consist of multiple choice, patient scenarios, fill in the blank, and short answer. Tests can be made up with appropriate reason such as illness, unforeseen events, and circumstances that arise. If no appropriate reason is given, points may be taken off.

Schedule

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<td>Week 1</td>
<td>Goniometry and ROM</td>
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<td>Week 2</td>
<td>Goniometry</td>
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<td>Week 3</td>
<td>Goniometry</td>
<td>Test 1</td>
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<td>Week 4</td>
<td>Gait and Assistive Devices</td>
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<td>Week 6</td>
<td>Transfers and Bed Mobility</td>
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<td>Week 10</td>
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<td>Week 11</td>
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<td>Week 15</td>
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Final exam is Monday May 9th at 2:45pm