



# Intro to Physical Therapy

## **EXAM INFORMATION**

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**Items**

53

**Points**

60

**Prerequisites**

NONE

**Grade Level**

11-12

**Course Length**

ONE YEAR

**Career Cluster**

HEALTH CARE

**Performance Standards**

NOT INCLUDED

**Certificate Available**

YES

## **DESCRIPTION**

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This course introduces students to the field of physical therapy through the history, medical terminology, documentation, therapy treatments, and pertinent legal and ethical considerations of the profession. Healthcare for a diverse population begins its thread in this course. Students will participate in clinical observations.

## **EXAM BLUEPRINT**

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**STANDARD**

**PERCENTAGE OF EXAM**

1- Rehabilitation Medicine	3%
2- Medical, Legal, & Ethical Issues	13%
3- Professionalism	3%
4- Medical Terminology	18%
5- Musculoskeletal	24%
6- Neuromuscular	10%
7- Cardiovascular	12%
8- Integumentary	7%
9- Pediatric	7%
10- Geriatric	3%



## STANDARD I

### STUDENTS WILL EXPLORE THE FUNDAMENTALS OF REHABILITATION MEDICINE

- Objective 1** Explore the rehabilitation therapy pathway.
1. Define rehabilitation therapy
  2. Explore the history of rehabilitation therapy
  3. Identify careers in the rehabilitation therapy pathway
- Objective 2** Investigate the professions in the field of Physical Therapy
1. Explore the history of physical therapy.
  2. Explore the members and roles of the physical therapy team.
  3. Examine the roles and responsibilities of a physical therapist.
    1. Hospital Setting
    2. Long-term care facility
    3. Clinic
    4. Schools
  4. Explore current trends and issues in physical therapy
  5. Explore educational requirements, credentialing exams, and costs for a career in physical therapy
    1. Physical Therapist
    2. Physical Therapy Assistant
  6. Explore specialty areas within the field of physical therapy as described by the American Board of Physical Therapy Specialties (ABPTS).
  7. Describe and understand the importance of involvement in organizations such as APTA to further career development.
- Objective 3** Investigate the professions in the field of Occupational Therapy
1. Explore the history of occupational therapy.
  2. Explore the members and roles of the occupational therapy team.
  3. Examine the roles and responsibilities of an occupational therapist.
    1. Hospital Setting
    2. Long-term care facility
    3. Clinic
    4. Schools
  4. Explore current trends and issues in occupational therapy
  5. Explore educational requirements, credentialing exams, and costs for a career in occupational therapy
    1. Occupational Therapist
    2. Occupational Therapy Assistant
  6. Explore specialty areas within the field of occupational therapy as described by the American Occupational Therapy Association (AOTA).
  7. Describe and understand the importance of involvement in organizations such as AOTA to further career development.
- Objective 4** Investigate the professions in the field of Speech Therapy
1. Explore the history of speech therapy.
  2. Explore the members and roles of the speech therapy team.
  3. Examine the roles and responsibilities of a speech therapist.
    1. Hospital Setting
    2. Long-term care facility



3. Clinic
4. Schools
4. Explore current trends and issues in speech therapy
5. Explore educational requirements, credentialing exams, and costs for a career in speech therapy
  1. Speech Therapist/Speech Language Pathologist
  2. Audiologist
  3. Speech Language Pathology Assistant
6. Explore specialty areas within the field of speech therapy as described by the American Speech-language Hearing Association (ASHA).
7. Describe and understand the importance of involvement in organizations such as ASHA to further career development.

### STANDARD 2

#### STUDENTS WILL IDENTIFY THE MEDICAL, LEGAL, AND ETHICAL ISSUES GOVERNING THE CLINICAL PRACTICE OF PHYSICAL THERAPY

- Objective 1** Identify the rules and regulations of individually identifiable health information.
1. Examine the Health Insurance Portability and Accountability Act (HIPAA).
  2. Identify consequences of violating HIPAA
  3. Explain personal responsibilities within the parameters of HIPAA
- Objective 2** Identify health and safety regulations in the workplace.
1. Examine the Occupational Safety and Health Act (OSH Act)
  2. Identify common workplace safety hazards
  3. Demonstrate proper cleanliness and sanitation practices
    1. Handwashing & Hygiene
    2. Clinic cleaning (linens, tables, beds, equipment, etc.)
  4. Demonstrate proper glove use and removal
- Objective 3** Discuss desirable attitudes and behaviors when providing healthcare to diverse patients.
1. Describe cultural sensitivity in relation to healthcare
  2. Explore ways to treat the underserved and under-represented populations
  3. Identify ways that people from different cultures and backgrounds are stereotyped
  4. Describe the importance of treating patients as individuals
- Objective 4** Describe the required documentation related to therapy visits and treatment.
1. Analyze medical records used in a therapy setting
  2. Create a SOAP note for one of the following conditions: musculoskeletal, neuromuscular, cardiovascular, or integumentary
  3. Understand components of an Electronic Medical Record (EMR)
- Objective 5** Discuss the Utah Physical Therapy Act and how it relates to the roles and relationship between the physical therapy team.
1. Identify the scope of practice of the following:
    1. Physical Therapist
    2. Physical Therapist Assistant
    3. Physical Therapy Aide



- Objective 6** Discuss the Utah Occupational Therapy Act and how it relates to the roles and relationship between the occupational therapy team.
1. Identify the scope of practice of the following:
    1. Occupational Therapist
    2. Occupational Therapist Assistant
    3. Occupational Therapy Aide
- Objective 7** Discuss the Utah Speech Therapy Act and how it relates to the roles and relationship between the speech therapy team.
1. Identify the scope of practice of the following:
    1. Speech Therapist/Speech Language Pathologist
    2. Audiologist
    3. Speech Language Pathology Assistant
    4. Speech Aide
- Objective 8** Investigate the various types of health insurance and the reimbursement process for physical therapy.
1. Describe health insurance plans
  2. Premium
  3. Copay
  4. Deductible
  5. Compare and contrast government funded plans and private insurance plans in regards to the number of reimbursed therapy visits

## **STANDARD 3**

### STUDENTS WILL IDENTIFY PROFESSIONAL STANDARDS AND CHARACTERISTICS OF A THERAPY TEAM

- Objective 1** Describe the characteristics of an effective healthcare provider in personal and professional terms.
1. Examine productivity and time management strategies
  2. Understand the implications the following have on healthcare employment:
    1. Criminal Background Check
    2. Drug Testing
  3. Discuss implications of dress and other personal behaviors within the healthcare setting
  4. Identify best practices in respect to client relations
- Objective 2** Explain effective communication strategies of a therapist with patients and all members of the therapy team.
1. Demonstrate appropriate verbal communication skills
  2. Demonstrate appropriate nonverbal communication skills
  3. Demonstrate appropriate listening skills
  4. Demonstrate and understand the APTA Core Values
    1. Accountability
    2. Altruism
    3. Compassion/Caring
    4. Excellence
    5. Integrity
    6. Professional Duty
    7. Social Responsibility



## STANDARD 4

### MEDICAL TERMINOLOGY

Objective 1 Describe positional terminology in regards to the human body

1. Describe anatomical position
2. Identify body planes and directional terms
  1. Sagittal
  2. Mid-sagittal
  3. Coronal/frontal
  4. Transverse/horizontal
  5. Superior
  6. Inferior
  7. Anterior
  8. Posterior
  9. Medial
  10. Lateral
  11. Proximal
  12. Distal
  13. Superficial
  14. Deep

Objective 2 Compare and contrast body movements

1. Flexion, extension, and hyperextension
2. Adduction and abduction
3. Pronation and supination
4. Retraction and protraction
5. Elevation and depression
6. Rotation and circumduction
7. External rotation and internal rotation
8. Lateral flexion (side-bending left and right)
9. Inversion and eversion
10. Dorsiflexion and plantar flexion
11. Radial deviation and ulnar deviation
12. Opposition

Objective 3 Define terms associated to physical therapy

1. Activities of daily living (ADLs)
2. Ataxia
3. Base of support
4. Bilateral
5. Calcaneal valgum
6. Calcaneal varum
7. Cervical
8. Contracture
9. Core
10. Deformity
11. Dissociation
12. Distal



13. Dynamic
14. Education
15. Extension
16. External rotation
17. Fine motor
18. Flexion
19. Genu valgum
20. Genu varum
21. Gross motor
22. Hamstrings
23. Hyperextension
24. Hypermobility
25. Hypertonic
26. Hypotonic
27. Instrumental Activities of Daily Living (IADL)
28. Instability
29. Internal rotation
30. Kinesthesia
31. Kyphosis
32. Leisure
33. Long-sitting
34. Lordosis
35. Lumbar
36. Manual therapy
37. Midline
38. Motor control
39. Motor planning
40. Obliquity
41. Pes planus
42. Play
43. Prone
44. Proprioception
45. Proximal
46. Quadriceps
47. Range of motion
48. Recurvatum
49. Reflex
50. Ring sitting
51. Sacral
52. Side-sitting
53. Sleep
54. Social Participation
55. Spasticity
56. Static
57. Supine
58. Symmetrical
59. Tactile defensiveness
60. Tailor-sitting
61. Thoracic
62. Tone (muscle)



63. Unilateral
64. Vestibular stimulation
65. Weight shift
66. Work

Objective 4 Define the following abbreviations/acronyms

1. L
2. R
3. B
4. Tx
5. Fx
6. PT
7. PTA
8. OT
9. OTA

## STANDARD 5

### MUSCULOSKELETAL

Objective 1 Conditions and Injuries

1. General conditions
  1. Osteoarthritis
  2. Osteoporosis
  3. Fibromyalgia
  4. TMJ dysfunction
2. Shoulder
  1. Rotator cuff tear
  2. Dislocation
  3. Frozen shoulder
  4. Tendinitis
  5. Fracture
  6. Shoulder impingement
  7. Thoracic outlet syndrome
3. Elbow
  1. Golfer's elbow
  2. Tennis elbow
  3. Sprain
  4. Strain
  5. Fracture
4. Wrist
  1. Carpal tunnel syndrome
  2. Sprain
  3. Strain
  4. Fracture
5. Neck and back
  1. Sprain
  2. Strain
  3. Disc herniation
  4. Stenosis
  5. Muscle spasm



6. Posture
7. SI joint dysfunction
8. Coccygodynia
6. Hip
  1. Acetabular labral tears
  2. Bursitis
  3. IT band tightness/syndrome
  4. Tendinitis
  5. Total knee replacement
7. Ankle
  1. Achilles tendinitis
  2. Peroneal tendinitis
  3. Sprain
  4. Strain
  5. Fracture
8. Foot and Toe
  1. Plantar fasciitis
  2. Tarsal tunnel syndrome
  3. Sprain
  4. Strain
  5. Fracture

**Objective 2** Identify tests that are used to determine musculoskeletal injuries/deformities

1. Lachman's Test
2. Anterior Drawer Test
3. Phalen's Test
4. Drop Arm Sign
5. Hop Test
6. Adam's Forward Bend Test
7. Straight Leg Raise Test
8. Push up Sign
9. Goniometer

**Objective 3** Describe therapeutic exercises and modalities used to treat musculoskeletal conditions and injuries.

1. Strengthening
2. Therapeutic exercises
3. Stabilization
4. Modalities
5. Traction
6. E-stimulation
7. Astym
8. Laser
9. Ultrasound
10. Taping
11. Heat/ice
12. Home exercise program (HEP)
13. Manual Therapy
14. Myofascial release





15. Range of motion

16. Stretching

## **STANDARD 6**

### **NEUROMUSCULAR**

**Objective 1** Identify how to assess neuromuscular conditions

1. Impact on life expectancy
2. Involvement of organ systems
3. Family, social, and community roles
4. Impact of daily functioning
  1. Ambulation
  2. ADLs
  3. Communication
  4. Nutritional status
  5. Community mobility
  6. Work performance
  7. Functional Tasks
5. Muscle strength
6. Joint contractures
7. Pulmonary function
8. Cardiomyopathy
9. Intellectual capacity

**Objective 2** Identify conditions and injuries associated with the neuromuscular system.

1. Parkinson's disease
2. Guillian-Barre Syndrome
3. Multiple Sclerosis (MS)
4. Chronic inflammatory demyelinating neuropathy
5. Cerebral palsy
6. ALS
7. Traumatic Brain Injury

**Objective 3** Identify tests that are used to determine neuromuscular injuries/deformities.

1. Neurological classification of spinal cord injury
2. Dermatomes
3. Rancho Los Amigos Scale-Level of Cognitive Functioning

**Objective 4** Describe therapeutic exercises and modalities used to treat neuromuscular conditions and injuries.

1. Assistive and Adaptive devices
  1. Canes
  2. Crutches
  3. Prostheses
  4. Transfers
  5. Wheelchairs
  6. Walkers
2. Modalities
  1. E-stimulation
  2. Ultrasound



3. Traction
4. Heat/ice
5. Aquatic therapy
3. Range of Motion
4. Manual therapy
5. Home exercise program (HEP)

## **STANDARD 7**

### **CARDIOVASCULAR**

**Objective 1** Identify how to assess cardiovascular conditions

1. Onset and duration of symptoms
2. Previous and ongoing medical and/or surgical treatment
3. Lab results and diagnostic tests
4. Social history
5. Prior functional endurance level
6. Home environment
7. Family/caregiver support
8. Family, professional, social, and community roles
9. Patient's goals and expectations of returning to previous life roles
10. Prior drug, tobacco, and alcohol use
11. Current medications

**Objective 2** Identify conditions and defects/injuries associated with the cardiovascular system

1. Pulmonary Embolism
2. Chronic Obstructive Pulmonary Disorder
3. Myocardial Infarction
4. Coronary Artery Bypass Graft
5. High Blood Pressure/Hypertension
6. Pacemaker
7. Left Ventricular Assist Device
8. Heart Transplant
9. Aortic Aneurysm
10. Cardiomyopathy

**Objective 3** Identify tests that are used to determine cardiovascular injuries/deformities

1. Pulse oximeter
2. Blood pressure
3. Pulse
4. Respirations
5. VO<sub>2</sub> max
6. 6 minute walk test
7. Step up test
8. Pulmonary drainage
9. Spirometry
10. Low-impact aerobic exercises



## **STANDARD 8** INTEGUMENTARY

- Objective 1** Identify conditions and injuries associated with the integumentary system
1. Burns
  2. Contusions
  3. Pressure ulcers
  4. Neuropathic ulcers
  5. Infection
  6. Surgical wounds
  7. Vascular disease
  8. Abscess
  9. Traumatic injury
- Objective 2** Identify tests that are used to determine integumentary injuries/deformities
1. Wound location and size
  2. Wound characteristics
  3. Tunneling and undermining
  4. Phases of wound healing
- Objective 3** Describe therapeutic exercises and modalities used to treat integumentary conditions and injuries.
1. Hydrotherapy
  2. Thermotherapy
  3. Hyperbaric oxygen therapy
  4. Compression therapies (IPC, VAC)
  5. Electrotherapy
  6. Manual therapy
  7. ROM stretching
  8. Strengthening exercises
  9. Adaptive, protective, or assistive equipment
- Objective 4** Explain the progress of a patient through the phases of physical therapy for integumentary injuries
1. Pain management
  2. Range of motion and strengthening
  3. Wound debridement and dressing application
  4. Minimize scar/contracture development

## **STANDARD 9** PEDIATRIC

- Objective 1** Child Development
1. Normal child development
  2. Developmental milestones
- Objective 2** Diseases
1. Developmental Disorders
  2. Club foot
  3. Scoliosis
  4. Tortocollis



5. Juvenile Rheumatoid Arthritis
6. Duchenne Muscular Dystrophy
7. Down Syndrome
8. Cerebral Palsy
9. Fetal Alcohol Syndrome
10. Cystic Fibrosis
11. Developmental Coordination Disorder
12. Neural Tube Defects
13. Osteogenesis Imperfecta
14. Hip Dysplasia

Objective 3 Special Considerations

1. Child abuse
2. Size of patient
3. Modifications to therapeutic treatment

## STANDARD 10

### GERIATRIC

Objective 1 Common conditions treated

1. Osteoarthritis
2. Rheumatoid arthritis
3. Osteoporosis
4. Hip fractures
5. Diabetes
6. Polio

Objective 2 Common facilities

1. Hospital
2. Long-term rehab
3. Skilled nursing
4. Short-term rehab
5. Assisted living
6. Memory care
7. Home health
8. Hospice

Objective 3 Special Considerations

1. Elderly abuse
2. Age
3. Modifications to therapeutic treatment