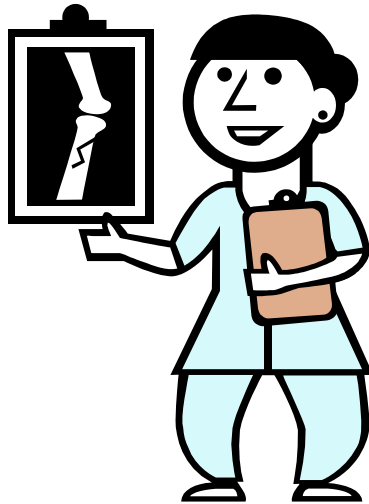


PHYSICAL THERAPY AIDE PROGRAM



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ELIM Outreach Training Center is approved to operate by the Private Business and Vocational Schools Division of the Illinois Board of Higher Education.

Revised 7/2015

PHYSICAL THERAPY AIDE ADMISSION REQUIREMENTS

1. Placement Exam 9th (grade reading and math levels)
2. High school diploma or equivalent
3. Fine motor coordination (good manual dexterity and hand/eye coordination)
4. Must display flexibility, accept and integrate constructive criticism
5. Physical Exam
6. Ability to stand for extended periods of time
7. Criminal Background check

A certificate of completion will be issued when the student has completed:

1. 80 clock hours Theory
2. 40 clock hours Clinical
3. Pass ALL exams and the course with an 80% or better
4. Participate in all simulated laboratory sessions
5. His or her financial obligations are satisfied

PHYSICAL THERAPY AIDE:DESCRIPTION

Physical therapy is concerned with the improvement of functional abilities in persons with limitations due to pain, disease, or injury. Physical therapist utilized physical methods such as heat, massage, exercise, and physical treatments instead of drugs to reestablish functional independence, prevent or rehabilitate disabilities and promote health in patients.

Physical therapy aides work in hospitals, physical therapy facilities, nursing homes, physician offices, home health care services or outpatient care centers.

The *physical therapy aide's* position requires some strength due to the responsibilities of the job. The need to assist and sometime lift patients requires the physical therapy aide to have moderate strength. In addition, the physical therapist job is a physical one where the majority of time is spent standing, walking, stooping, bending, and kneeling.

The income for a physical therapy aide averages between \$19,900 and \$28,600 annually. The projected need for physical therapy aides in the 2008-2018 timeframe is expected to grow by an additional 16,700 employees according to The U.S. Department of Labor Bureau of Labor Statistics.

PHYSICAL THERAPY AIDE.....SYLLABUS

COURSE DESCRIPTION:

The goal of the physical therapy aide is to serve as a helpful member of the physical therapy team whose responsibilities are supervised by the physical therapist or the physical therapy assistant. No licensure is required for the physical therapy aide at this time.

Physical therapist aides perform a variety of functions that may include:

- ❖ Keeping physical therapy areas clean and organized
- ❖ Preparing physical therapy areas for incoming patients
- ❖ Preparing each patient for therapy
- ❖ Assisting patients, who are mobility challenged, to or from treatment areas
- ❖ Performing minor clerical tasks such as ordering supplies, answering the phone, and filling out paperwork
- ❖ Administers treatment in all phases of therapeutic exercises such as passive, active, assistive and resistive exercises, muscles training and gait training

COURSE OBJECTIVES:

Upon successful completion of this program, the graduate will be able to:

1. Explain the role of the physical therapist
2. Define the goal of physical therapy
3. Keep accurate patient records
4. Demonstrate knowledge of medical terminology related to the different body systems
5. Understand professional ethical behaviors
6. Describe proper body positions and appropriate techniques
7. State two reasons why proper body mechanics are important
8. Explain the difference between passive and active range of motion
9. State two principles of therapeutic exercise
10. List and describe three basic ambulatory devices
11. Define the role of the physical therapy aide in assisting the patient with ambulation
12. Explain the purpose of heat treatment
13. Identify and explain the functions of the major structures of the nervous, sensory, circulatory, and respiratory systems
14. Describe terms related to diseases, diagnosis and treatment of body systems
15. Explain dysfunctions and disorders of the musculoskeletal and nervous system
16. Recognize and respond to verbal and nonverbal communication
17. Understand principles of infection control and the use of proper techniques

PHYSICAL THERAPY AIDE.....

UNIT HOUR BREAKDOWN

MODULE A	THE PROFESSION OF PHYSICAL THERAPY	4
MODULE B	ROLE AND CHARACTERISTIC OF PHYSICAL THERAPY	5
MODULE C	THE PHYSICAL THERAPY ASSISTANT	5
MODULE D	AMERICAN PHYSICAL THERAPY ASSOCIATION	5
MODULE E	LAWS, REGULATIONS, AND POLICIES	5
MODULE F	FINANCING HEALTH CARE AND REIMBURSEMENTS IN PHYSICAL THERAPY	3
MODULE G	COMMUNICATION IN PHYSICAL THERAPY IN THE TWENTY-FIRST CENTURY	5
MODULE H	PHYSICAL THERAPY FOR MUSCULOSKELETAL	8
MODULE I	PHYSICAL THERAPY FOR NEUROMUSCULAR	8

MODULE J	PHYSICAL THERAPY IN CARDIOVASCULAR AND PULMONARY CONDITIONS	8
MODULE K	PHYSICAL THERAPY FOR INTEGUMENTARY CONDITIONS	8
MODULE L	PHYSICAL THERAPY FOR PEDIATRIC CONDITIONS	8

MODULE M	PHYSICAL THERAPY FOR THE OLDER ADULT	8
MODULE N	CLINICAL	40
TOTAL	HOURS TO BE COMPLETED	120

PHYSICAL THERAPY AIDE...TUITION

COURSE DESCRIPTION:

Physical therapy is concerned with the improvement of functional abilities in persons with limitations due to pain, disease, or injury. Physical therapist utilized physical methods such as heat, massage, exercise, and physical treatment instead of drugs to reestablish functional independence, prevent or rehabilitate disabilities and promote health in patients.

Physical therapy aides work in hospitals, physical therapy facilities, nursing homes, physician offices, home health care services or outpatient care centers.

COST:

TUITION/REGISTRATION	\$ 800.00	
BOOK(S) HANDOUTS	\$ 150.00	
LAB FEE		<u>\$ 95.00</u>
TOTAL:		\$1045.00

OTHER (SUPPLIES)

UNIFORM	\$25.00	
SHOES	\$25.00	
GAIT BELT	\$17.00	
CPR		\$60.00
TOTAL:		\$127.00

TOTAL COST FOR THE PROGRAM \$1172.00

Under the law you have the right, among others, to pay the full amount due and to obtain under certain conditions a partial refund of financial charges if applicable. ELIM does not charge finance charges. A late fee (10 %) will be added to all late payments.

Please see your contract regarding registration fee and amount due on the first day of class (books will be issued with first payment.)

Methods of Payment: Money Order or Cashier's Check. **SORRY, WE DO NOT ACCEPT CASH OR PERSONAL CHECKS.**

Supplies may be purchased from ELIM or you may purchase uniforms and other supplies at: Wal-Mart, Work N Gear, and Life Uniform. Please consult the yellow book for a location near you.

COURSE MATERIAL

Introduction to Physical Therapy, 4th Edition
Michael A. Pagliarulo, PT, EdD
ISBN: 978-0-323-07395-0
Copyright © 2012,2007,2001,1996 by Mosby, Inc

Reference

Principles & Techniques of Patient Care, 5th Edition
Pierson and Fairchild
ISBN: 987-1-45570704-1
Copyright© 2013,2008,2002,1999, 1994 by Saunders

PHYSICAL THERAPY AIDE COURSE OUTLINE

Chapter 1 Development

The Profession of Physical Therapy: Definition and

- A. Definition
- B. Physical Therapy as the Profession
- C. Historical Development
- D. Key Terms

Objectives:

At the end of this chapter the student shall be able to:

1. Identify physical therapy
2. Explain three traits of a profession
3. Define the major factors that influence the growth of physical therapy
4. Explain the history of physical therapy

Chapter 2

Roles and characteristics of Physical Therapists

- A. Roles in the Provision of Physical Therapy
- B. Other Professional Roles
- C. Characteristics of Physical Therapists
- D. Key Terms

Objectives:

At the end of this chapter the student shall be able to:

1. Describe the role of the physical therapist: primary, secondary, tertiary
2. Explain the roles of the physical therapist in prevention and health promotion
3. State the components of the patient/client model
4. List and describe the demographic characteristics of physical therapy

Chapter 3

The Physical Therapist Assistant

- A. Origin and History
- B. Education and Curriculum
- C. Utilization
- D. Characteristics of Physical Therapist Assistants
- E. American Physical Therapy association Membership and Representation
- F. Key Terms

Objectives:

At the end of this chapter the student shall be able to:

1. List several milestones in the development of the physical therapy assistant.
2. Explain the difference between the physical therapist and the physical therapy assistant.
3. List the educational requirements for the physical therapist assistant.
4. Explain the legal and ethical factors related to the physical therapist assistants.
5. List several facts that may change the future of the physical therapist assistant.
6. State how the American Physical Therapy Association provides for Representation, and influences the clinical work of the physical therapist assistant.

Chapter 4

American Physical Therapy Association

- A. Mission and Goals
- B. Organization Structure
- C. Associated Organization
- D. Benefits of Belonging
- E. Key Terms

Objectives:

At the end of this chapter the student shall be able to:

1. State the structure and function of the American Physical Therapy Association
2. State the difference between sections and assemblies within the Association
3. Define and list organizations that are associated with and related to the Association
4. State several advantages of belonging to the Association

Chapter 5

Laws, Regulations, and Policies

- A. Statues and Regulations
- B. The Court Systems
- C. Criminal versus Civil Law
- D. Policies
- E. Key Terms

Objectives:

At the end of this chapter the student shall be able to:

1. Define law, regulations and policies and explain how they are made
2. Explain how laws, regulations and policies affect physical therapy custom
3. List several means that may be used to find out about laws, regulations,

- and policies
4. State several factors that the physical therapist /assistant/aide can be held liable for the care they provide

Chapter 6 Financing Health Care and Reimbursement in Physical Therapy

- A. Health Insurance
- B. Financing Health Care
- C. Trends in Health Care spending
- D. Reimbursement Methods in Health Care
- E. Managed Care
- F. Reimbursement in Physical Therapy
- G. Key Terms

Objectives: At the end of this chapter the student shall be able to:

1. State the reimbursement process
2. Tell the difference between retrospective and prospective reimbursement
3. Explain how risk and health insurance are similar
4. State the difference between indemnity health insurance and managed care plans
5. Define Medicare, Medicaid, and children's Health Insurance and BBA
6. Explain how health care is financed
7. Define key terms

Chapter 7 Communication in Physical Therapy in the Twenty-First Century

- A. What is communication?
- B. Professional Behaviors
- C. Building Affective Communication Skills
- D. Communicating effectively in a multicultural health care environment
- E. Communicating with people who have visual impairments and auditory impairments
- F. Communicating with patients, family, caregivers and the health care team
- G. Communicating through delegation and digital communication
- H. Communicating as a student in the classroom and clinical internships
- I. Key terms

Objectives: At the end of this chapter the student shall be able to:

1. State the components of communication
2. Explain how to build effective communication
3. Discuss different methods to use to communicate effectively in a multicultural health care environment
4. Explain how to communicate with clients with visual and auditory impairments
5. Demonstrate how to communicate effectively with the client, family,

- caregiver and the health care team.
- 6. Communicate effectively in the classroom and clinical setting.
- 7. Explain the function of digital communication in education and the health care industry
- 8. Define key terms

Chapter 8 Physical Therapy for Musculoskeletal Conditions

- A. Common Conditions
- B. Principles of Examination
- C. Principles of Evaluation, Diagnosis and Prognosis
- D. Key Terms

Objectives: At the end of this chapter the student shall be able to:

- 1. State familiar conditions seen in musculoskeletal physical therapy
- 2. Explain the parts of an initial musculoskeletal examination
- 3. List several tests and measures used in physical therapy for musculoskeletal conditions
- 4. Define the purpose of therapeutic exercise program and describe the different types of therapeutic exercise
- 5. Explain the different physical agents used to address musculoskeletal problems
- 6. Explain key terms

Chapter 9 Physical Therapy for Neuromuscular Conditions

- A. Common Conditions
- B. Principles of Examination
- C. Principles of Evaluations, Diagnosis and Prognosis
- D. Principles of Procedural Intervention
- E. Traditional Approaches
- F. Current Approaches
- G. Key Terms

Objectives: At the end of this chapter the student shall be able to:

- 1. Explain the responsibilities of the physical therapist aide in the management of patients with neuromuscular conditions
- 2. List several common neuromuscular conditions that the therapist/aide will come in contact with.

3. Describe the duties of the therapist/aide, depending on the condition and treatment of the patient
4. Define key terms

Chapter 10 Physical Therapy in Cardiovascular and Pulmonary Conditions

- A. General Description
- B. Common Conditions
- C. Principles of Examination
- D. Principles of Evaluation, Diagnosis and Prognosis
- E. Principles of Procedural Intervention
- F. Key Terms

Objectives: At the end of this chapter the student shall be able to:

1. Describe the normal anatomy and physiology of the cardiovascular and pulmonary systems
2. Explain and describe the effects of common disease that change the usual role of the cardio and pulmonary systems
3. Explain the normal and abnormal characteristics of the cardio and pulmonary systems
4. State the role of the therapist / aide for interventions, examinations and evaluations for the cardio or pulmonary disease.
5. Define several key terms

Chapter 11 Physical Therapy for Integumentary Conditions

- A. General Description
- B. Common Conditions
- C. Principles of Evaluation, Diagnosis and Prognosis
- D. Principles of Procedural Intervention
- E. Principles of Examination
- F. Key Terms

Objectives: At the end of this chapter the student shall be able to:

1. Define the structure and function of the skin
2. Identify the three stages of wound healing
3. State general conditions of the skin and explain the examination process related to each condition
4. Give the major principles vital in completing patient care for conditions of the skin
5. Define key terms

Chapter 12 Physical Therapy for Pediatrics Conditions

- A. Common conditions
- B. General conditions
- C. Developmental disorders
- D. Principles of examinations
- E. Principles of evaluation, diagnosis and prognosis
- F. Principles of procedural intervention
- G. Key terms

Objectives: At the end of this chapter the student shall be able to:

1. Describe activities to promote functional abilities during the developmental process.
2. State key federal legislation on the provision of physical therapy services to children
3. Explain common disorders seen by the therapist/aide and their examination process.
4. List several treatment methods used for pediatric patients.

Chapter 13 Physical Therapy for the Older Adult

- A. General description
- B. Common Conditions
- C. Principles of examination and evaluation
- D. Principles of evaluation, diagnosis, and prognosis
- E. Key terms

Objectives: At the end of this chapter the student shall be able to:

1. State why a therapist would change an intervention plan for an older client
2. Explain the difference between static and dynamic balance
3. State the responsibilities of the therapist/aide in the treatment of common conditions for the older clients
4. Describe a plan of care for the older client