**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Physical Therapy Aide**

**Related unit of instruction:**

Therapeutic Agents and Modalities

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to prepare the student to assist with physical therapy agents and modalities. Students will learn to prepare, use and clean the facilities for optimal modality use.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapter 15 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
2. Pass the test for the chapter.

**Learning Objective:**

Physical Therapy Agents and Modalities Chapter 15

1. Discuss the purpose of employing different agents and modalities in performing physical therapy.
2. Define hydrotherapy and describe its use in physical therapy.
3. Identify and discuss the three different superficial hearing agents used in physical therapy.
4. Explain the function of diathermy.
5. Differentiate between microwave and shortwave therapy.
6. Define ultrasound and briefly discuss its application in physical therapy.
7. Contrast the difference between cold therapy and heat therapy and briefly discuss when each should be applied.

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By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapter 16 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
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**Learning Objective:**

Therapeutic Exercises Chapter 16

1. Identify the different types of specialized therapies used for patients with specific physiological needs.
2. Define the term *reduction* and differentiate between open reduction and closed reduction.
3. Describe when a closed reduction may be used.
4. Describe when an open reduction may be used.
5. Discuss the concept of traction and identify various types of traction that can be used to maintain alignment and immobilization of a body part.
6. Discuss the purpose of a cast.
7. Describe instances when the administration of medications might be used as a therapeutic treatment.
8. Discuss how x-rays and tomography are used as therapeutic treatments.
9. Identify specific specialized reflex tests and studies used in diagnosing physical disabilities and in administering therapeutic treatment.
10. Explain the purpose of a lumbar puncture.
11. Explain the purpose of an electroencephalogram.
12. Explain the purpose of magnetic resonance testing.
13. Briefly explain the use of pet therapy as a therapeutic treatment for patients suffering from a physical disability.