**High Plains Technology Center**

**Health Careers**

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

**Related unit of instruction:**

Therapeutic Exercises

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to prepare the student to assist patients in performing therapeutic exercises. Students learn the proper techniques needed for client safety and comfort.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapter 8 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
2. Pass the test for the chapter.

**Learning Objective:**

Using Physical Therapy to Treat Common Medical Disorders Chapter 8

1. Define the role of physical therapy in caring for patients with special medical conditions.
2. Discuss the role of the physical therapy aide in assisting with treatment of patients diagnosed with common musculoskeletal and neurological disorders.
3. Discuss the role of the physical therapy aide in assisting with treatment of patients diagnosed with common cardiovascular and respiratory disorders.
4. Discuss the role of the physical therapy aide in assisting a patient with an amputation.
5. Explain the role of the physical therapy aide in assisting patients with burns and common dermatologic conditions.
6. Discuss the role of the physical therapy aide in assisting patients diagnosed with common medical conditions of the eyes, ears, nose and throat.
7. Discuss the role of the physical therapy aide in assisting patients diagnosed with common genitourinary disorders.

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**Rationale for the Lap:**

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapter 14 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
2. Pass the test for the chapter.

**Learning Objective:**

Therapeutic Exercises Chapter 14

1. State the ultimate purpose of any therapeutic exercise program.
2. Discuss the physical therapy aide’s role in assisting the patient with therapeutic exercises.
3. Describe the purpose of range-of-motion exercises and explain the difference between passive and active range of motion.
4. Briefly discuss how muscle strength is graded.
5. Compare the difference between skill and coordination exercises.
6. Explain anatomical planes of motion.
7. Briefly discuss diagonal patterns of motion.
8. Identify the seven range-of-motion exercises used on the lower extremities and the thirteen range-of-motion exercises used on the upper extremities.