Arizona CTE

Physical Therapy

The Profession of Physical Therapy PT1.0	**1.1**	**Describe the evolution of physical therapy in the United States from the early 1900s to present day including the impact of World War I and II.** PT1.1
	1.2	**Define the major focus of the rehabilitation team** PT1.2
	1.3	**List the different members of the rehabilitation team and describe the function of each** PT1.3
	1.4	**Discuss the role of the physical therapy technician as it relates to working with patients with physical disabilities** PT1.4
Career Opportunities PT2.0	**2.1**	**Discuss career opportunities available to the physical therapy technician** PT2.1
	2.2	**Describe the training required at various levels of health care providers in the fields of physical therapy and physical medicine** PT2.2
	2.3	**Distinguish between settings within health care facilities** PT2.3
	2.4	**Discuss specialized physical therapy settings (pediatrics, women's health, neurological)** PT2.4
	2.5	**Discuss some of the desirable personal characteristics and technical skills required of a physical therapy technician** PT2.5
	2.6	**Identify several potential duties of the physical therapy technician** PT2.6
	2.7	**List potential employers of a physical therapy technician** PT2.7
Ethical and Legal Issues PT3.0	**3.1**	**Delineate between medical law and medical ethics** PT3.1
	3.2	**Discuss the purpose for the need to license medical personnel** PT3.2
	3.3	**Briefly discuss the Good Samaritan Act** PT3.3
	3.4	**Demonstrate an understanding of specific patient consent forms** PT3.4
	3.5	**State the legal implications of a patient's medical record and how to protect patients' rights (HIPAA, code of ethics, standard of care)** PT3.5
		Investigate ethical and legal issues affecting the field of physical therapy and explain the Code of Ethics that members of the physical therapy team are

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	morally bound to follow PT3.6
Medical Terminology PT4.0	**4.1** Identify specific prefixes, suffixes, and root words related to medical terms. PT4.1
	4.2 Use common medical abbreviations and acronyms used in the healthcare environment PT4.2
	4.3 Identify body structure terms related to positions, directions, anatomical planes, posture, and types of movement PT4.3
	4.4 Explain the importance and uses of the medical record PT4.4
	4.5 Explain the benefits of an electronic medical record (EMR) system PT4.5
	4.6 Differentiate between subjective, objective, assessment and plan information on a patient's medical record PT4.6
Patient Positioning and Transferring PT5.0	**5.1** Explain the different types of patient positioning (supine, fowlers, trendelenburg, side-lying) PT5.1
	5.2 Demonstrate proper procedure for moving a patient in a bed (log rolling, segmental rolling) PT5.2
	5.3 Describe the role body mechanics plays in physical therapy PT5.3
	5.4 Identify and use equipment to transfer a patient (ex. slide board, gait belt, etc.) PT5.4
	5.5 Demonstrate the procedure for transferring a patient with assistance (minim0al, maximal, 2 persons) PT5.5
	5.6 Identify the proper use of a pneumatic lift machine (hoyer) PT5.6
Workplace Safety and Infection Control PT6.0	**6.1** Identify Occupational Safety and Health Administration (OSHA) guidelines in relation to healthcare PT6.1
	6.2 Identify common safety hazards in health care settings PT6.2
	6.3 Identify the importance of a safe and sanitary treatment area PT6.3
	6.4 Demonstrate how to manage a safe and sanitary treatment area including the use of sanitation techniques, disinfectants and antiseptics PT6.4
	6.5 Explain the chain of infection and modes of transmission of disease PT6.5
	6.6 Demonstrate principles of proper hand hygiene PT6.6
	Demonstrate necessary isolation procedures PT6.7

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	6.8 Use Personal Protective Equipment (PPE) and explain the reasoning behind using PPE PT6.8
Health Care Skills PT7.0	**7.1** Analyze routine vital signs (blood pressure, pulse, respiration rate) PT7.1
	7.2 Measure and record height and weight PT7.2
	7.3 Demonstrate proper wound care (e.g. cleaning, bandaging, and dressing) PT7.3
	7.4 Perform CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) procedures on infants, children, and adults PT7.4
	7.5 Demonstrate the proper use of PRICE (protection, rest, ice, compression and elevation) PT7.5
Examine Health and Performance Concepts PT8.0	**8.1** Describe nutritional concepts used to evaluate dietary intake and physical composition (e.g. 6 basic components of food; protein, carbohydrates, fats, vitamins, minerals, water) PT8.1
	8.2 Analyze the safety and efficacy of dietary supplements PT8.2
	8.3 Describe exercise and nutrition considerations for special populations (medical conditions, weight management, food intolerances) PT8.3
	8.4 Distinguish between general strength and conditioning training principles PT8.4
	8.5 Perform tests and interpret results used to determine cardiopulmonary endurance, strength, flexibility and body composition PT8.5
Anatomy and Physiology PT9.0	**9.1** Examine the structure and function of the cardiovascular system PT9.1
	9.2 Examine the structure and function of the musculoskeletal system PT9.2
	9.3 Examine the structure and function of the neurological system PT9.3
	9.4 Examine the structure and function of the integumentary system PT9.4
	9.5 Examine the structure and function of axial regions of the body PT9.5
	9.6 Examine the structure and function of upper and lower extremities of the body PT9.6
	9.7 Analyze the joints and their articular structures PT9.7
Treat Common Medical Disorders PT10.0	**10.1** Define the role of physical therapy in caring for patients with special medical conditions PT10.1
	2 Explain the role of the physical therapy technician in assisting with treatment of patients diagnosed with common musculoskeletal and neurological

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	disorders PT10.2
	10.3 Explain the role of the physical therapy technician in assisting with treatment of patients diagnosed with common cardiovascular and respiratory disorders PT10.3
	10.4 Describe the role of the physical therapy technician in assisting a patient with an amputation PT10.4
Ambulation and Gait PT11.0	**11.1** Define the term ambulation and summarize the physical therapy technicians role in assisting the patient with it PT11.1
	11.2 Model the different phases in the gait cycle PT11.2
	11.3 Identify characteristics of gait disorders PT11.3
	11.4 Explain how to choose the appropriate ambulatory device for a patient's use PT11.4
	11.5 Identify basic ambulatory devices, and briefly discuss the physical therapy technician role in assisting the patient to use them PT11.5
	11.6 Delineate the difference between a two-point, three point, and a four point gait as each relates to crutch walking PT11.6
	11.7 Describe the difference between a swing-to and a swing-through gait, and briefly explain how each relates to crutch walking PT11.7
	11.8 Describe the physical therapy technician role in assisting the patient to walk up and down stairs using an ambulatory devices PT11.8
	11.9 Explain indications, contraindications, safety precautions, and proper techniques for gait training (e.g. weight bearing assistive device, prosthetics, orthotic devices and canes) PT11.9
Therapeutic Exercises PT12.0	**12.1** State the ultimate purpose of any therapeutic exercise program PT12.1
	12.2 Differentiate among various kinds of exercises (e.g. isometric, isotonic, manual resistance, isokinetic, circuit training) PT12.2
	12.3 Discuss the physical therapy technician role in assisting the patient with therapeutic exercises PT12.3
	12.4 Consider indications, contraindications, and safety precautions in strength, conditioning, and exercise activities (e.g. isotonic, isometric and isokinetic) PT12.4
	5 Describe types of stretching and flexibility strategies (e.g. static, ballistic, dynamic, proprioceptive neuromuscular facilitation) PT12.5

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	12.6	Explain strength, mobility, and balance as related to performance and injury prevention PT12.6
	12.7	Apply appropriate rehabilitation progression (e.g. previous functional level) PT12.7
	12.8	Describe the purpose of range of motion exercises and explain the difference between passive and active range of motion PT12.8
	12.9	Explain how muscle strength is graded PT12.9
	12.10	Distinguish between the different anatomical planes of motion PT12.10
Physical Therapy Agents and Modalities PT13.0	13.1	Prepare the patient/client for treatment expectations, physiological changes and special instructions for specific modality/therapy usage PT13.1
	13.2	Explain indications, contraindications, safety precautions, and applications related to modalities (e.g. thermotherapy, cryotherapy, electric stimulation, ultrasound, hydrotherapy, compression) PT13.2
	13.3	Describe how to assess pain level using a rating scale (1-10 scale; smiley face scale) PT13.3
	13.4	Define hydrotherapy and describe its use in physical therapy PT13.4
	13.5	Explain ultrasound and describe its application in physical therapy PT13.5
	13.6	Contrast the difference between cold therapy and heat therapy and briefly discuss when each should be applied PT13.6
	13.7	Demonstrate how to use deep and superficial heating agents (paraffin, hot packs/moist heat, therapeutic ultrasound) PT13.7
	13.8	Explain therapeutic massage and when it is used PT13.8
	13.9	Demonstrate how to use mechanical traction and when it is used PT13.9
Specialized Clinical Procedures PT14.0	14.1	Identify the different types of specialized therapies used for patients with specific physiological needs PT14.1
	14.2	Define the term reduction and differentiate between open reduction and closed reduction PT14.2
	14.3	Describe the purpose of a cast and bracing PT14.3
	14.4	Explain how pet therapy can be used with patients PT14.4
Ad Re	I	Describe basic terminology of health insurance (co-pay, third party, referrals, visit authorization) PT15.1

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15.2 **Demonstrate proper payment calculation and collection** PT15.2

15.3 **Demonstrate answering, screening and documenting phone calls** PT15.3

15.4 **Interpret a patient flowsheet and modify based off patient's needs** PT15.4