



# Wayne County Community College District

## COURSE SYLLABUS

### PTT 105 Overview of Physical Therapy Techniques

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**CREDIT HOURS:** 4.00

**CONTACT HOURS:** 60.00

**COURSE DESCRIPTION:** This course introduces students to dysfunctions, disorders, and conditions commonly seen in physical therapy settings. An overview of exercise physiology in rehabilitation, tissue regeneration, and basic isotonic, isometric, and isokinetic exercise is provided. Students will be introduced to the basic principles and components of therapeutic exercise as well as the appropriate use and maintenance of exercise equipment. Basic terminology, basic therapeutic exercise, and therapeutic modalities will be introduced. Functional anatomy and basic patient handling skills are emphasized. *15 hours of lecture and 45 hours of lab required.*

**PREREQUISITES:** Reserved for PTT majors

#### **EXPECTED COMPETENCIES:**

*Upon completion of this course, the student will be able to:*

- Understand and explain the need for and concepts involved in physical rehabilitation interventions that assist patients in obtaining a state of optimal function.
- Describe the theories, physiological effects, and evidence behind the application of superficial and deep heat, ultrasound, cryotherapy, and hydrotherapy in physical therapy settings.
- Outline terminology common to physical therapy settings.
- Define skilled and unskilled physical therapy interventions and understand their relevance to physical rehabilitation and patient care.
- Distinguish the roles and responsibilities of physical therapy technicians regarding the application of skilled and unskilled physical therapy interventions (maintenance therapy).
- Generalize the indications, contraindications, and precautions for the application of superficial and deep heat, ultrasound, cryotherapy, and hydrotherapy.
- Demonstrate the safe and effective application of superficial heat and deep heat, ultrasound, and cryotherapy.
- Understand the concept of therapeutic exercise and demonstrate appropriate application of basic therapeutic exercises.
- Recognize appropriate staging and preparation of physical therapy treatment areas including proper spacing, adequate traffic flow and considerations for those with disabilities.

#### **ASSESSMENT METHODS:**

Student performance may be assessed by examination, quizzes, case studies, oral conversation, group discussion, and oral presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

#### **GRADING SCALE:**

90%-100% = A  
80%-89.9% = B  
70%-79.9% = C  
60%-69.9% = D  
<60% = E