

Montgomery County Community  
College PTA 200  
Pathology & Rehabilitation of Orthopedic Conditions Across the Lifespan  
and Continuum of Care  
5 - 4 - 4

**COURSE DESCRIPTION:**

This course emphasizes the etiology, pathology, prevention, data collection, and appropriate physical therapy interventions related to orthopedic conditions. Application of orthotic devices, braces and splints for orthopedic conditions is discussed. Evidence based practice, clinical research, and justifying interventions based on clinical literature is integrated in the study of musculoskeletal system conditions. Critical thinking skills are developed as the student applies data in clinical decision making. During student-to- student practice in the on-campus laboratory setting students use simulated patient scenarios to demonstrate competency attainment. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.



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| 6. Demonstrate appropriate and effective patient/caregiver management utilizing interventions from within plan of care for a patient with an orthopedic condition.    | Lecture / Discussion<br>Textbook Readings<br>Supplemental Handouts<br>Case Study / Application | Written Assignments<br>Summative Written Examinations |
| 7. Demonstrate appropriate professional behaviors in all interactions with classmates and instructors by displaying all Professional Behaviors at the beginner level. | Lecture / Discussion<br>Textbook Readings<br>Supplemental Handouts<br>Case Study / Application | Professional Behaviors Assessment                     |

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

1. Fundamentals
  - a. Orthopedic Management for the Physical Therapist Assistant
  - b. The Musculoskeletal System
  - c. The Nervous System
  - d. Kinesiology
  - e. Tissue Injury and Repair
  - f. Manual Modalities
  - g. Physical Agents and Mechanical Modalities
2. Therapeutic Exercise
  - a. Therapeutic Activities
  - b. Improving Range of Motion, Flexibility, and Joint Mobility
  - c. Improving Muscle Performance
  - d. Improving Balance
3. The Joints
  - a. The Vertebral Column
    - i. Examination
    - ii. Common Conditions
    - iii. Intervention Strategies / Therapeutic Techniques
  - b.

- c. Thoracic Spine and Rib Cage
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- d. Lumbar Spine and Sacroiliac Joint
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- e. Shoulder Complex
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- f. Elbow and Forearm Complex
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- g. Wrist and Hand
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- h. Hip
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- i. Knee Joint Complex
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- j. Ankle and Foot
  - i. Examination
  - ii. Common Conditions
  - iii. Intervention Strategies / Therapeutic Techniques
- 4. Special Considerations
  - a. The Pediatric Orthopedic Population
  - b. The Geriatric

LEARNING MATERIALS:

Dutton, M. (2019) *Orthopaedics for the Physical Therapist Assistant* (2nd ed.). Sudbury, MA: Jones & Bartlett Learning.

Graves, R. (2013) *Clinical Decision Making for the Physical Therapist Assistant Across the Continuum of Care* (1<sup>st</sup> ed.). Philadelphia, PA: F.A. Davis Company.

Kisner, C., Colby, L.A. (2017) *Therapeutic Exercise Foundations and Techniques* (7<sup>th</sup> ed.). Philadelphia, PA: F.A. Davis Company.

Other learning materials may be required and made available directly to the student