**High Plains Technology Center**

**Health Careers**

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

**Related unit of instruction:**

Introduction to Physical Therapy Aide

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to provide the student with a history of physical therapy. The course will present this occupation in the context of the rehabilitation team and emphasize how the contribution of the Physical Therapy Aide benefits the care of patients. The course explores the job opportunities that are available.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapters 1, 2, 6 & 7 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
2. Pass the tests for the chapters

**Learning Objective:**

The Profession of Physical Therapy Chapter 1

1. Describe the evolution of physical therapy in the United States from the early 1900s to present day.
2. Discuss how physical therapy became a new occupation.
3. Briefly describe the role Mary McMillan played in the evolution and history of physical therapy.
4. Explain the impact of World War I and World War II on the field of physical therapy.
5. Define the major focus of the rehabilitation team.
6. List the different members of the rehabilitation team and describe the function of each.
7. Discuss the role of the physical therapy aide as it relates to working with patients with physical disabilities.

Career Opportunities for the Physical Therapy Aide Chapter 2

1. Discuss career opportunities available to the physical therapy aide.
2. Describe the training required at various levels of health care providers in the fields of physical therapy and physical medicine.
3. Distinguish between divisions within health care facilities.
4. Discuss some of the desirable personal characteristics and technical skills required of a physical therapy aide.
5. Identify several potential duties of the physical therapy aide.
6. List potential employers of the physical therapy aide.

Basic Structure and Function of the Human Body Chapter 6

1. Identify the various systems of the human body, and briefly explain the individual structures, components, and functions of each.
2. Identify common disorders of each of the systems of the body.

Applied Anatomy and Physiology of the Musculoskeletal System Chapter 7

1. Briefly define the functions of the skeletal system.
2. Describe different types of bone tissue.
3. Discuss the functions of a long bone.
4. Identify the materials required for building bone.
5. Briefly describe the different types of bones.
6. Identify bones in both the axial and appendicular skeleton.
7. Discuss the role cartilage plays in the skeletal system.
8. Describe different types of joints and explain their movements.
9. Explain common disorders of bones, joints, and muscles.
10. Briefly define the functions of the muscular system.
11. Identify and briefly explain different types of muscles.
12. Explain how muscles contract.
13. Explain what is meant by the origin and the insertion of a muscle.