

Course Syllabus In Physical Therapy III
Measurement and Evaluation in Physical Therapy

I. COURSE DESCRIPTION:

This course deals with the different tests and measurement used in evaluation of different musculoskeletal, neuromuscular, cardiovascular, integumentary conditions. This also includes history taking and proper documentation through the use of SOAP format.

II. CREDIT

4 units: Lecture 3 units; Laboratory- 1 unit

III. PREREQUISITES

Human Anatomy, Neuroanatomy, Kinesiology, Physiology, Pathology

IV. YEAR LEVEL AND SCHEDULE

Thursday - Lecture/Lab (A) 8:00 am to 12:00pm, Room 401
 - Lecture/Lab (B) 1:00-5:00pm, Room 401
Friday - Lecture/Lab (B) 8:00 am to 12: 00nn, Room 401
 - Lecture/Lab (A) 1:00-5:00pm, Room 401

V. INSTRUCTORS:

Josephine R. Pineda, PTRP-Head Instructor
Karen V. Narcelles, PTRP

VI. GENERAL OBJECTIVE OF THE COURSE:

The purpose of this course is to provide the students opportunities to acquire basic knowledge, skills and attitudes, relevant to the administration of physical therapy tests and measurements on patients.

VII. SPECIFIC OBJECTIVES:

Given the following topics, the student would be able to:

A. DOCUMENTATION

1. Discuss the different types of documentation
2. Discuss the parts of the SOAP note.
3. Discuss the characteristics of a properly written SOAP note
4. Identify the purposes of the SOAP note as a form of documentation
5. Utilize abbreviations and medical terminology in writing SOAP notes
6. Correlate objective findings in formulating goals and treatment plan for a patient
7. Synthesize the entire course in writing a complete SOAP note

B. HISTORY TAKING

1. Explain the process of history taking.
2. Identify the important questions to be asked to the patient during evaluation
3. Integrate these questions with the condition of the patient

C. SOFT TISSUE PALPATION:

1. Identify the different landmarks in the body necessary for evaluation procedures
2. Demonstrate the different techniques of soft tissue palpation
3. Correlate soft tissue palpation with other evaluation techniques
4. Interpret the findings of soft tissue palpation
5. Apply the concepts and procedures of soft tissue palpation to different clinical conditions

D. RANGE OF MOTION:

1. Know the basic concepts of range of motion:
 - a. Define ROM and its types
 - 1) Active
 - 2) Passive
 - 3) Quick ROM
 - b. Identify the types of arthrometer and their uses
 - c. Differentiate overpressure with endfeel
 - d. Identify the different types of endfeel and their significance
 - e. Demonstrate the techniques and procedures in ROM evaluation
 - f. Apply the procedures of ROM evaluation in different clinical conditions
 - g. Interpret the significance of ROM findings

E. MUSCLE STRENGTH TESTING:

1. Know the basic concepts of muscle strength testing
2. Identify the different techniques of muscle strength testing
 - a. Manual Muscle Testing
 - b. ASIA MMT
 - c. Functional MMT
 - d. Gross Muscle Testing
 - e. Pediatric Testing
3. Discuss the principles used in muscle strength testing
4. Identify the different grading systems used in muscle strength testing
5. Demonstrate the different techniques of muscle strength testing
6. Apply the principles and procedures of MMT in clinical conditions
7. Interpret MMT findings and their significance in clinical conditions

F. SPECIAL TESTS:

1. Know the principles of special tests
 - a. Define special tests
 - b. Explain the purposes of special tests
2. Identify the specific tests for different areas of the body
3. Demonstrate the procedures of performing special tests
4. Apply the techniques of special tests to different clinical cases
5. Interpret results of special tests used for specific conditions

G. GAIT:

1. Define the different terminology related to gait
2. Discuss the determinants of gait
3. Identify the different muscle activities during the gait cycle
4. Differentiate the features of normal and abnormal gait
5. Identify pathologic gait patterns
6. Demonstrate normal and abnormal gait patterns
7. Interpret the gait pattern present in clinical conditions and their significance

H. POSTURE

1. Discuss areas of anatomy related to the topic of posture
2. Identify the different types of postures and their significance
3. Identify the methods of evaluating posture
4. Demonstrate the process of postural evaluation
5. Interpret the findings of postural assessment in clinical conditions

I. FUNCTIONAL/ADL ASSESSMENT

1. Define the different terminology used in ADL assessment
2. Discuss the methods of evaluating functional ability
3. Interpret findings of functional evaluation
4. Apply the techniques of functional evaluation in clinical conditions

J. PEDIATRIC ASSESSMENT

1. Explain the principles of pediatric
2. Identify the different formats/scales used in pediatric eval
3. Integrate knowledge of developmental milestones in pediatric assessment
 - a. Demonstrate pediatric muscle testing
4. Identify infantile and developmental reflexes
5. Demonstrate the process of evaluating for infantile and developmental reflexes
- 6.

K. ANTHROPOMETRIC MEASUREMENT

Topics included are:

1. True Leg Length Measurement
2. Apparent Leg Length Measurement
3. Muscle Bulk Measurement
4. Limb Girth Measurement
5. Volumetric Measurement
6. Explain the principles of anthropometric measurement
7. Discuss the factors that lead to abnormal findings in evaluation
8. Demonstrate the procedures in anthropometric evaluation
9. Apply procedural knowledge in clinical conditions
10. Interpret results of evaluation and their significance

L. NEUROLOGIC EVALUATION

Topics included are:

1. Pressure sores
2. Burn Wound
3. Diabetic Ulcers
4. Identify the different techniques of neurological assessment
5. Explain the principles of neurological assessment
6. Demonstrate the evaluation procedure for each topic
7. Integrate procedural knowledge with clinical conditions
8. Interpret the results of neurological evaluation

M. WOUND ASSESSMENT

Topics included are:

1. Pressure sores
2. Burn Wound
3. Diabetic Ulcers
4. Explain the principles of wound assessment
5. Demonstrate the methods of evaluation for the given topics
6. Correlate clinical conditions with wound evaluation techniques and their significance

N. CARDIOPULMONARY ASSESSMENT:

- a. Discuss the principles of cardiopulmonary assessment
- b. Identify the importance of vital signs in exercise prescription for cardiopulmonary patients
- c. Identify the different grading and classification used in cardiopulmonary assessment
 - i. Angina Classification
 - ii. Dyspnea Classification
 - iii. Phases of Cardiac Rehab
 - iv. Rating of Perceived Exertion
- d. Discuss the parts cardiopulmonary evaluation
 - i. observation
 - ii. palpation
 - iii. auscultation
 - iv. percussion
- e. Demonstrate the procedure of cardiopulmonary assessment
- f. Correlate assessment procedures with clinical conditions
- g. Interpret significance of evaluation findings in cardiopulmonary patients

*At the end of the course, the student should also be able to:

1. Employ proper techniques in conducting the different tests and measurements such as:
 - i. preparation of the patient and environment
 - ii. instructions and rationale of selected evaluation procedures
 - iii. administration of tests and measurement procedures
 - iv. proper body mechanics
 - v. proper draping
 - vi. aftercare of patient and equipment
2. Record clearly, precisely, and accurately the results of different evaluation techniques

VII. GRADING SYSTEM:

A. Theoretical Part (50% of final*grade)

1. Prelim 33.33%
2. Midterm 33.33%
3. Prefinals 33.33%
- Each grading period has the following breakdown:
 - a. Major Examination 85%
 - b. Long quizzes 15%
- Grade for EXEMPTION from the final exam is 80.0%
- In case of non exemption, the breakdown of the grading system will be as follows:
 1. Prelim 20%
 2. Midterm 20%
 3. Prefinals 20%
 4. Finals 20%

B. Practical Part (50% of final *grade)

1. Prelim 33.33%
2. Midterm 33.33%
3. Finals 33.33%

A grade of 75% is necessary to pass the practical part. There is NO EXEMPTION in the practical part.

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C. *Final Grade

This is only computed if the student is able to obtain a grade of at least 75% for both the theoretical and practical parts. A failing grade in either the theoretical or practical part will automatically be given a grade of 5.00

The computation of the final grade is as follows:

Theoretical part	49%
Practical part	49%
Attendance	2%

VIII. TEXTBOOKS AND REFERENCES:

1. *Daniel's and Worthingham's Muscle Testing: Techniques of Manual Examination by Hislop and Montgomery, 6th Ed.
2. *Orthopedic Physical Assessment by Magee, 3rd Ed
3. *Physical Examination by Hoppenfield
4. Cardiopulmonary physical Therapy by Irwin and Techklin
5. *Measurement of Joint Motion: A Guide to Coniometry by Norkin and White (latest edition)
6. *S. O. A. P Writing by Kettenbach
7. *Physical Rehabilitation: Assessment and Treatment by Sullivan (latest edition)
8. Saunder's Manual of Physical Therapy Practice by Rose Sgarlat Myers

*Textbooks