

# Introduction to Physical and Occupational Therapy Aide I: 8365

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## Pacing Guide for Tasks / Competencies

*\*\*\*\*Tasks / Competencies are subject to date and material changes as  
needed\*\*\*\**

# Tasks/Competencies

Sept 8-11

- Introduction and ice breaker activities
- Procedures of Classroom, Student Handbook, Virtual learning, Syllabus, Competencies
- Employability Skills
- **Overview of the Rehabilitation Field:** types of clients, healthcare team, therapeutic settings

Sept 14-18

- **Exploring Careers in the Rehabilitation Field:**
- Differences between Physical Therapist (PT), Physical Therapist Assistant (PTA), Physical Therapist Aide (CPTA), Occupational Therapist (OT), Occupational Therapist Assistant (OTA or COTA)
- Licensure and credentialing in PT and OT
- **Gaining Overview of Physical and Occupational Therapy:**
- *Chapter 1 in both: Introduction to Physical Therapy and Physical Therapy Aide Textbooks, Quizlet*

Sept 21-25

- **Understanding Ethical and Legal issues related to Physical and Occupational Therapy Professions**
- *Chapter 3: PT aide textbook,*
- *Chapter 5: Laws, Regulations and Policies Intro to PT textbook*
- *Quizlet*

Sept 28-Oct  
2

- **Using Effective Communication in the Rehabilitative Dept.**
- **Documentation, Medical Terminology**
- *Chapter 7: Intro to PT book*
- *Chapter 4: PT Aide Textbook*
- *Quizlet*
- *PPT*

# Tasks/Competencies

Oct 5-9

- **Maintain a Safe Patient Environment**
- **Understanding the Use of Orthotics and Other Supportive Devices**
- **Understanding the Application for Therapeutic Modalities**
- *Chapter 8: Intro to PT book*

Oct 13-23

- **Understanding Applied Anatomy**
- **Understanding Disease Processes Treated by Rehabilitation Specialists**
- *Applied Educational Systems Software*
- *Chapter 9, 10, in Intro to PT book*
- *Visible Body Courseware*

Oct 19-30

- **Lifting and Transferring Patients**
- *Chapter 10, 11, 13 PT aide textbook*
- *Chapter 8: Principles and Techniques of Patient Care*
- *MedBridge Patient Education Home Exercise Program*
- *Flipgrid*

Nov 2-13

- **Demonstrating Therapeutic Activities**
- *Chapter 8, Intro to PT textbook*
- *MedBridge Patient Education, Flipgrid, Quizlet*
- *Chapter 6: Basic Exercise, Passive and Active ROM : Principles & Techniques of Pt Care*

# Tasks/Competencies

Nov 16-24

- **Determining Physical and Physiological Status**
- Vital signs: BP, Pulse, Respiration, O2 Saturation
- Assessing body composition
- Assessments used by rehab professionals
- *AES Modules, Practical labs when appropriate*

Nov 30-Dec 18

- **Understanding Assistive Technology for Mobility**
- **Understanding Techniques and Assistive Technology Used in Occupational Therapy**
- *MedBridge HEP, Quizlet*
- *Chapter 9: Principles and Techniques of Pt Care*
- *Chapter 14 PT aide textbook*
- *Practical labs when appropriate*
- *Carissa Worm OTR guest speaker*

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## Pacing Guide for Tasks / Competencies

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# Tasks/Competencies

Jan 4-8

## • **Basic Anatomy Concepts**

- Skeletal System
- Anatomical positions
- Joints of the body
- Muscle Morphology
- Functional Role of Muscle
- Origins, insertions, actions muscles
- *Visible Body Educational Courseware, Quizlet, Kahoot*

Jan 11-22

## • **Identifying Anatomy of the Lower Extremity (LE)**

- Origins, insertions, actions, innervations, functions of LE musculature
- Structure and Function of LE musculature and Lumbosacral Plexus
- Arterial Supply to the LE
- *Visible Body Educational Courseware*

Jan 25-Feb  
5 5

## • **Identifying Anatomy of the Upper Extremity (UE)**

- Origins, insertions, actions, innervations, functions of UE musculature
- Structure and Function of UE musculature and Brachial Plexus
- Arterial Supply to UE
- *Visible Body Courseware*

Feb 8-26

## • **Identifying Anatomy of the Head, Neck & Trunk**

- Origins, insertions, actions, innervations, functions of head, neck and trunk musculature
- Identify the normal curves of the vertebral column from the lateral view.
- Structure and function of an intervertebral disc.
- Anatomical features of the cervical, thoracic, and lumbar vertebrae that enable identification of these vertebrae.
- Function of the abdominals in inspiration and expiration.
- Four major muscles of mastication.
- Aging and injury on the structure and function of the vertebral column.
- Musculoskeletal structures of the head, neck, and trunk.
- Aging and injury on the structure and function of the upper UE's & LE's.
- *Visible Body Courseware*

# Tasks/Competencies

Mar 1-5

## • **Preparing for Careers in the Rehabilitation Field**

### • *PowerPoint lectures*

## • **Describing the Opioid Crisis**

- Describe the history and current state of the opioid crisis in the United States and Virginia.
- Define the pharmacological components and common uses of opioids.

Mar 8-12

### • *PowerPoint lectures*

### • *Revive Training*

## • **Examining the Key Factors of Drug Addiction**

- Examine the science of addiction.
- Explain prevention and early intervention strategies.
- Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).
- Describe the treatment models of addiction therapy.
- Describe the medication management antidote used to prevent fatal opioid overdoses.

Mar 15-19

## • **Understanding Pain Management Protocols**

- Explain the science of physiological and mental pain.
- Describe the diagnostic tools used in developing pain management plans.
- Describe pain treatment options available to various populations of patients.
- Describe the effects of opioid dependency on the human body systems.
- Explain the mechanism and physical effects of opioids on the human body.
- Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.
- Describe the withdrawal and tapering side effects of opioid use.
- Describe storage and disposal options for opioids.
- Explain community resources for education about opioid use.

Mar 22-26

Mar 29-  
April 2

- **Working with Patients and Caregivers**
- Describe key communication topics involving opioids for patients.
- Describe communication topics for caregivers and family members.

April 5-8

- **Spring Break!!!**

# Tasks/Competencies

April 12-29

- Comprehensive Review for National Physical Therapy Aide Certification Exam
- Comprehensive Review for Lab Practical Exams: Modalities, Gait Training, Transfer Training, Range of Motion, Therapeutic Exercise

April 30 or  
May 3

- Tentative dates for National Physical Therapy Aide Exam

May 4-10

- Tentative dates for Lab Practical Exams

May 11-14

- Research for projects topics for Physical or Occupational Therapy
- Lab Practical Exams

# Tasks/Competencies

May 17-21

- Finish Lab Practical Exams
- Students Presentations of Physical or Occupational Research Projects

May 24-28

- Student Presentations of Physical or Occupational Research Projects Continue

June 1-8

Topics/Competencies that need to be revisited

June 8

- Completers Ceremony!