

Southwest Baptist University
ATH 4034 Rehabilitation Techniques
Competencies/Proficiencies – 4th Edition

Risk Management

RM-P3 Instruct a patient regarding fitness exercises and the use of weight training equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques.

Pathology

PA-C4 Identify the normal acute and chronic physiological and pathological responses (e.g., inflammation, immune response, and healing process) of the human body to trauma, hypoxia, microbiologic agents, genetic derangements, nutritional deficiencies, chemicals, drugs, and aging affecting the musculoskeletal and other organ systems, and musculoskeletal system adaptations to disuse.

PA-C6 Describe the body's responses to physical exercise during common diseases, illnesses, and the injury.

Diagnosis

DI-C5 Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.

DI-C17 Describe the components of medical documentation (e.g. SOAP, HIPS and HOPS).

DI-P1 Obtain a medical history of the patient that includes a previous history and a history of the present injury.

DI-P2 Perform inspection/observation of the clinical signs associated with common injuries including deformity, posturing and guarding, edema/swelling, hemarthrosis, and discoloration.

DI-P3 Perform inspection/observation of postural, structural, and biomechanical abnormalities.

Medical Conditions

MC-P1 Obtain a medical history of the patient that includes a previous history and a history of the present condition.

MC-P2 Perform a visual observation of the clinical signs associated with common injuries and/or illnesses including deformity, edema/swelling, discoloration, and skin abnormalities.

MC-P3 Palpate the bones and soft tissues, including the abdomen, to determine normal or pathological characteristics.

MC-P4 Apply commonly used special tests and instruments (e.g., otoscope, stethoscope, ophthalmoscope, peak flowmeter, chemical "dipsticks" [or similar devices]) and document the results for the assessment of:

Acute Care

- AC-C4 Know and be able to use appropriately standard nomenclature of injuries and illnesses.
- AC-C17 Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.
- AC-C18 Describe the signs, symptoms, and pathology of acute inflammation.
- AC-C32 Describe the proper ambulatory aid and technique for the injury and patient.
- AC-C33 Describe home care and self-treatment plans of acute injuries and illnesses.

Therapeutic Modalities

- TM-C9 Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies to determine appropriate treatment and rehabilitation and to evaluate readiness to return to the appropriate level of activity. This includes the ability to:
 - TM-C9e Determine the criteria for progression and return to activity based on the level of functional outcomes.
 - TM-C9g Interpret physician notes, postoperative notes, and physician prescriptions as they pertain to a treatment plan.
- TM-P2 Obtain and interpret baseline and posttreatment objective physical measurements to evaluate and interpret results.

Exercise

- EX-C9 Describe manufacturer's, institutional, state and federal guidelines for the inspection and maintenance of therapeutic exercise equipment.
- EX-P1 Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions.
- EX-P2 Obtain and interpret baseline and postexercise objective physical measurements to evaluate therapeutic exercise progression and interpret results.
- EX-P3 Inspect therapeutic exercise equipment to ensure safe operating condition.
- EX-P4 Demonstrate the appropriate application of contemporary therapeutic exercises and techniques according to evidence-based guidelines.
- EX-P5 Instruct the patient in proper techniques of commonly prescribed therapeutic exercises.
- EX-P6 Document rehabilitation goals, progression and functional outcomes.
- EX-P7 Perform a functional assessment for safe return to physical activity.

Psychosocial

- PS-C3 Describe the motivational techniques that the athletic trainer must use during injury rehabilitation and reconditioning.
- PS-C4 Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.

Nutrition

NU-C4

Identify nutritional considerations in rehabilitation, including nutrients involved in healing and nutritional risk factors (e.g., reduced activity with the same dietary regimen and others).

Professional Development

PD-C14

Interpret the current research in athletic training and other related medical and health areas and apply the results to the daily practice of athletic training.