# Foundations of Rehabilitation Course No. 14060 Credit: 0.5

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| --- | --- | --- | --- |
| **Student name:**  |  | **Graduation Date:** |  |

Pathways and CIP Codes:Health Science

Course Description: **Technical Level:** Rehabilitation courses provide students with background knowledge and skills necessary to consider working with patients who need to achieve and maintain functional rehabilitation while preventing dysfunction and deformities. Topics covered include therapeutic exercises and activities (such as stretching and strengthening), how to train patients to perform the activities of daily living, the use of special equipment, and evaluation of patient progress.

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Explore the rehabilitation medicine career fields.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Define rehabilitation therapy. |  |
| 1.2 | Identify careers in the rehabilitation services. |  |
| 1.3 | Explore the history of rehabilitation. |  |
| 1.4 | Examine the roles and responsibilities of a physical therapist, occupational therapist, speech therapist, and sports medicine in the hospital setting, long-term care facility, clinic, and schools). |  |
| 1.5 | Identify the members and roles of the rehabilitative team including: surgeon/physician/advanced-level clinician, nurse, physical therapist/physical therapy assistant/physical therapy aide, athletic trainer, chiropractor, and massage therapist. |  |
| 1.6 | Explore the different certifications or subspecialities for rehabilitation medicine. |  |

## Benchmark 2: Explore the history and evolution of physical therapy, occupational therapy, speech therapy, and sports medicine.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Create a historical timeline of the significant contributors, modalities, and treatments in physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 2.2 | Compare and contrast current and historical modality treatment. |  |
| 2.3 | Explore current trends of physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 2.4 | Identify innovative approaches in physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 2.5 | Research various treatments in physical therapy, occupational therapy, speech therapy and sports medicine. |  |

## Benchmark 3: Explain the role of the professional associations.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Identify the functions of individual professional associations.  |  |
| 3.2 | Outline the Standards of Practice as defined by individual professional associations.  |  |
| 3.3 | Outline the Standards of Ethical Conduct/Code of Ethics as defined by individual professional associations. |  |
| 3.4 | Describe the importance of involvement in professional associations to further career development. |  |

## Benchmark 4: Create a career development plan within the physical therapy field or occupational therapy or speech therapy or sports medicine.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Explore educational requirements, credentialing exams, and costs for a career in physical therapy, occupational therapy, speech therapy, and athletic training/sports medicine. |  |
| 4.2 | Compare and evaluate different types of educational opportunities. |  |
| 4.3 | Describe the benefits of mentoring as a career development tool (i.e., job shadows/internships). |  |
| 4.4 | Explore specialty areas within the field of physical therapy. |  |

## Benchmark 5: Identify the rules and regulations of patient confidentiality

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | Examine the Health Insurance Portability and Accountability Act (HIPAA) and the Family Educational Rights and Privacy Act (FERPA). |  |
| 5.2 | Identify consequences of violating HIPAA and FERPA. |  |
| 5.3 | Explain personal responsibilities within the parameters of Health Insurance Portability and Accountability Act (HIPAA). |  |

## Benchmark 6: Discuss desirable attitudes and behaviors when providing healthcare to diverse patients.

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 6.1 | Describe cultural sensitivity in relation to healthcare. |  |
| 6.2 | Explore ways to treat the underserved and under-represented populations. |  |
| 6.3 | Identify ways that people from different cultures and backgrounds are stereotyped. |  |
| 6.4 | Describe the importance of treating patients as individuals. |  |

## Benchmark 7: Describe the required documentation related to therapy visits and treatment.

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Link the patient assessment to documentation. |  |
| 7.2 | Analyze medical records used in a physical therapy setting. |  |
| 7.3 | Create a SOAP note for each of the following conditions: musculoskeletal, neuromuscular, cardiovascular, and integumentary. |  |

## Benchmark 8: Investigate the various types of health insurance and the reimbursement process for rehabilitative therapy team

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 8.1 | Describe health insurance plans (Premium, Copay, deductible). |  |
| 8.2 | Compare and contrast government funded plans and private insurance plans regarding the number of reimbursed visits. |  |
| 8.3 | Identify CPT codes (treatment codes used for billing). |  |
| 8.4 | Identify ICD 10 codes (Diagnosis codes also used for billing/documentation). |  |

## Benchmark 9: : Describe the characteristics of an effective healthcare provider in personal and professional terms.Competencies

### Competencies

| **#** | **Description** | **rating** |
| --- | --- | --- |
| 9.1 | Examine productivity and time management strategies. |  |
| 9.2 | Discuss implications of dress and other personal behaviors within the healthcare setting. |  |
| 9.3 | Identify best practices in respect to client relations. |  |
| 9.4 | Understand the implications the following have on healthcare employment: (Criminal background check, Drug Testing). |  |

## Benchmark 10: Explain effective communication strategies of a therapist with patients and all members of the therapy team.

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 10.1 | Demonstrate appropriate verbal communication skills in a healthcare setting. |  |
| 10.2 | Demonstrate appropriate non-verbal communication skills in a healthcare setting. |  |
| 10.3 | Demonstrate and understand the Core Values (Accountability, Altruism, Compassion/Caring, Excellence, Integrity, Professional Duty, Social Responsibility). |  |

## Benchmark 11: Describe positional terminology in regard to the human body

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 11.1 | Describe anatomical position. |  |
| 11.2 | Identify body planes and directional terms (Sagittal, Mid-sagittal, coronal/frontal, transverse/horizontal, Superior, Inferior, Anterior, Posterior, Medial, Lateral, Proximal, Distal, Superficial, Deep). |  |
| 11.3 | Compare and contrast body movements: |  |
|  | * Flexion, extension, and hypertension
 |  |
|  | * Adduction and abduction
 |  |
|  | * Pronation and supination
 |  |
|  | * Retraction and protraction
 |  |
|  | * Elevation and depression
 |  |
|  | * Rotation and circumduction
 |  |
|  | * External rotation and internal rotation
 |  |
|  | * Lateral flexion (side-bending left and right)
 |  |
|  | * Inversion and eversion
 |  |
|  | * Dorsiflexion and plantar flexion
 |  |
|  | * Radial deviation and ulnar deviation
 |  |
|  | * Opposition
 |  |
| 11.4 | Define common medical terminology: |  |
|  | * Ataxia
 |  |
|  | * Base of support
 |  |
|  | * Bilateral
 |  |
|  | * Calcaneal valgus
 |  |
|  | * Calcaneal varum
 |  |
|  | * Cervical
 |  |
|  | * Contracture
 |  |
|  | * Core
 |  |
|  | * Hyperextension
 |  |
|  | * Hypermobility
 |  |
|  | * Hypertonic
 |  |
|  | * Hypotonic
 |  |
|  | * Internal rotation
 |  |
|  | * Instability
 |  |
|  | * Kinesthesis
 |  |
|  | * Kyphosis
 |  |
|  | * Proximal
 |  |
|  | * Quadriceps
 |  |
|  | * Range of motion
 |  |
|  | * Recurvatum
 |  |
|  | * Reflex
 |  |
|  | * Ring sitting
 |  |
|  | * Sacral
 |  |
|  | * Side-sitting
 |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

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