



Physical Therapy Aide

PROGRAM OUTLINE

PROGRAM GOAL AND OUTCOMES

Program Goal

The program goal for Penn Foster’s Physical Therapy Aide program is to prepare graduates for an entry-level career as a physical therapist aide.

Program Outcomes	Lessons	Evidence of Learning
Identify the roles and job duties performed by a typical physical therapist aide and the personal qualities held by successful aides.	Introduction to Physical Therapy	Multiple-choice lesson exams
	The Physical/Occupational Therapy Aide	Multiple-choice lesson exams
Demonstrate understanding of the importance of and techniques used in good customer service and effective communication between the aide, the physical therapist, and the patient.	The Physical/Occupational Therapy Aide	Multiple-choice lesson exams
	Customer Service	Multiple-choice lesson exams
Show understanding of common physical therapy techniques, including the use of heat and cold modalities, and their effects on the body.	Physical Therapy Treatments	Multiple-choice lesson exams
	Exercise and Mobility Training	Multiple-choice lesson exams
Use appropriate medical terminology related to body systems and physical disorders in order to communicate accurately with patients and colleagues.	Introduction to Medical Terminology	Multiple-choice lesson exams
	Body Systems Terminology	Multiple-choice lesson exams
	Common Physical Disorders	Multiple-choice lesson exams
	Exercise and Mobility Training	Multiple-choice lesson exams
Show understanding of the importance of a safe health care environment, including potential hazards and fall prevention, and the aide’s role in maintaining a clean, safe workplace.	Workplace Health and Safety	Multiple-choice lesson exams

PROGRAM STRUCTURE

Instruction Set 1

Lesson 1

Starting Your Program

Lesson 2

Introduction to Physical Therapy

Instruction Set 2

Lesson 3

The Physical/Occupational Therapy Aide

Lesson 4

Introduction to Medical Terminology

Pronunciation audio

Introduction to Medical Terminology

Learning Aid

Introduction to Medical Terminology flash cards

Instruction Set 3

Lesson 5

Body Systems Terminology

Lesson 6

Common Physical Disorders

Pronunciation audio

Body Systems Terminology

Learning Aid

Body Systems Terminology flash cards

Instruction Set 4

Lesson 7

Physical Therapy Treatments

Lesson 8

Exercise and Mobility Training

Instruction Set 5

Lesson 9

Customer Service

Lesson 10

Workplace Health and Safety

Clinical Work Experience Option

COURSE DESCRIPTIONS AND OBJECTIVES

Starting Your Program

Succeed by learning how to use your Penn Foster program.

By the end of this course, you'll be able to:

- Understand how to use your Student Portal.
- Access the Penn Foster Community and use it to find answers.
- Connect with Penn Foster on various social media sites.

Introduction to Physical Therapy

In this lesson, you'll learn what the practice of physical therapy is all about.

By the end of this course, you'll be able to:

- Explore the history of physical therapy.
- Understand the roles of the members of a rehabilitation team.

The Physical/Occupational Therapy Aide

Physical therapy aides are skilled health-care workers who are important parts of the rehabilitative team.

By the end of this course, you'll be able to:

- Understand the role of the physical therapy aide, which includes administering treatments to patients, performing administrative duties, and helping the facility run smoothly and efficiently.

Introduction to Medical Terminology

Become familiar with the medical terms that you will hear on a daily basis in your new career.

By the end of this course, you'll be able to:

- Expand your understanding of medical terminology to include the anatomy, pathology, procedures, and abbreviations associated with the nervous, sensory, circulatory, and respiratory systems.

Body Systems Terminology

A body system is composed of organs that are designed to work together so that a particular function—such as breathing—can be performed.

By the end of this course, you'll be able to:

- Understand terminology associated with nervous, sensory, circulatory, and respiratory systems.

Common Physical Disorders

In this lesson, you'll identify common dysfunctions, disorders, and conditions of the musculoskeletal system.

By the end of this course, you'll be able to:

- Explain the inflammatory process that occurs in the body after an injury.
- Describe common disorders such as osteoarthritis, rheumatoid arthritis, osteoporosis, and hernias.

Physical Therapy Treatments

In this lesson, you'll learn how to utilize heat and cold in treatments.

By the end of this course, you'll be able to:

- Describe the aide's role in administering heat treatments.
- Understand the purpose of superficial heat treatments, deep heating treatments, and cryotherapy.

Exercise and Mobility Training

Aides help with common therapeutic exercises to help increase range of motion, strength, or coordination.

By the end of this course, you'll be able to:

- Describe body mechanics and patient transfers.
- Know the types of exercises, including range of motion, strength, and coordination.
- Explain ambulation and gait training.

Customer Service

Rehabilitation clinics, hospitals, nursing homes, and other providers of therapy have cut costs by hiring aides to assist therapists in the delivery of care to patients.

By the end of this course, you'll be able to:

- Understand an aide's role as a customer service provider and high-quality caregiver.
- Describe and apply important customer service skills.

Workplace Health and Safety

In this lesson, you'll learn about personal, patient, and environmental safety.

By the end of this course, you'll be able to:

- Practice proper body mechanics and lifting techniques.
- Understand standard first aid and CPR.
- Recognize patient distress.
- Outline infection control, universal precautions, and disaster procedures.

Clinical Work Experience Option

This program includes an optional work experience component. Looking to your future, we're providing you with this Work Experience Option Supplement that can be used to help you find a position as a trainee in a medical facility.

Note: The titles of your learning materials may be different from those listed on your program outline. There is no need to call your instructor about these differences. While the titles of certain learning materials may differ, the educational content is the same. All learning materials are designed to give you the finest education in your field. If you need instructional assistance, however, be sure to call for help. We reserve the right to revise the program of study and the instructional materials and to substitute for the items of equipment offered.