

THIRD EDITION

PHYSICAL THERAPY CLINICAL HANDBOOK

for PTAs

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Dedication

To Tim, Charleigh, and Alyssa for your patience, support, encouragement, and love

To Dad, Mom, and Nick for always believing in me and giving me a solid foundation to build upon

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Preface

Welcome to the third edition of *Physical Therapy Clinical Handbook for PTAs*.

This text is designed as a reference for a diverse audience including the PTA graduate, the second-year PTA student, PTA faculty, clinical instructors who mentor PTA students throughout their clinical field work, as well as veteran PTAs who are interested in staying abreast of the most current information and guidelines for treatment.

The *Third Edition* espouses and embraces the inclusion of evidence-based intervention choices into clinical practice in alignment with the American Physical Therapy Association. The role of the PTA and the implications related to interventions provided by the PTA in a variety of clinical settings are considered and incorporated throughout this edition. With the changing healthcare environment, it is imperative that the PTA has the strongest skill set available to make sound clinical judgements while incorporating evidence-based interventions to optimize functional outcomes that are expected in our profession today. This is reinforced throughout the text by use of ICF terminology linking with evidenced-based intervention choices to address impairments related to functional activities and participation restrictions.

This handbook strives to fortify the PTA's understanding with its expanded sections on Medicare guidelines for treatment by a PTA, enhanced documentation guidelines related to traditional and electronic medical recording, an expanded integumentary section, and medication tables relative to systemic pathologies.

The text remains divided into nine parts, followed by appendices which include two sample balance assessment tools, the Borg Scale of Rating of Perceived Exertion, and three patient education samples for lymphedema, skin care, and diabetic foot care. Finally, new supplemental slides in PowerPoint format are available to instructors.

Benefits and Additional Resources

This edition strives to maintain and build on the benefits offered by prior editions, including the following:

- Tabbed sections for easy referencing
- Easy-to-read tables
- Inclusion of clinical pearls for the PTA
- Updated pictures for manual muscle testing, range of motion, PNF, and developmental sequences

Slides in PowerPoint format are now available to instructors. These slides can be used by the Director of Clinical Education for remediation purposes, the Clinical Instructor as an additional means for assessing a student's understanding or for the classroom instructor to solidify current concepts. Lastly, the slides can be utilized as a

potential adjunct for the hybrid classroom, as they can be used as a pre-lecture tool so that classroom time can focus on the interventions associated with the topic presented in the slides.

New to this Edition

The following changes have been incorporated into this edition:

- Medication tables for common pathologies associated with the four main systems identified in the APTA's *Guide to Physical Therapist Practice 3.0* (Musculoskeletal, Neurological, Integumentary, and Cardiopulmonary) have been incorporated into the text.
- Part 1, "Safety in the Clinical Environment," discusses the role of the PTA and the PT/PTA relationship and includes an expanded section on domestic violence and elder abuse.
- Part 2, "Clinical Documentation," includes Electronic Medical Recording (EMR) guidelines incorporating HIPAA and security measures, documentation pearls for the PTA with inclusion of ICF terminology, and APTA's defensible documentation guidelines.
- Part 3, "Musculoskeletal Interventions," includes updated pictures for manual muscle testing and range of motion, medication tables for musculoskeletal pathologies, greater differentiation between tendinosis and tendinitis pathologies, and lastly, the addition of a prosthetic wear time schedule.
- Part 4, "Neurologic Interventions," now includes a medication table for neurologic conditions and a table for orientation terminology.
- Part 5, "Cardiopulmonary Interventions," features new medication tables for common cardiovascular and pulmonary conditions.
- Part 6, "Integumentary Interventions," is the most heavily revised chapter in this edition and now boasts tables for medications related to wound management, pictorial illustrations of cancerous skin lesions and vascular ulcerations, dressing choices for wound care management, and documentation pearls associated with wound care.
- Part 7, "Geriatric Interventions," incorporates the levels of supervision for the PTA with the Medicare patient, an explanation of Medicare Part C and D, general considerations for common geriatric-related conditions, and pearls for treatment for the PTA.
- Part 8, "Pediatric Interventions," is updated to include medication tables for commonly treated pediatric conditions.
- Part 9, "Basic Acute Care Physical Therapy Interventions," has expanded to include not only basic acute care principles of treatment for the musculoskeletal, neurological, or other systems special considerations, but also kyphoplasty considerations in the Spinal Surgery Procedures and Precautions section.
- Four supplemental slides in PowerPoint format designed to augment classroom discussion and/or topics of interest for the PTA are now available and offer coverage of Balance and Falls, Pressure Injuries (Wound Management), Achilles Tendinopathy, and Parkinson's Disease.

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About the Author

Kathy Cikulin-Kulinski, PT, DPT, OCS has been practicing the healing art of physical therapy for 30 years. She started her career as a PTA and has continued on this life-long journey, obtaining her Masters in Physical Therapy from Nova Southeastern University and, most recently, her Doctorate of Physical Therapy from the University of Montana in 2015. Ms. Cikulin-Kulinski is also a Board Certified Orthopaedic Clinical Specialist and an LSVT Big™ Certified Clinician. Ms. Cikulin-Kulinski's training has encompassed most settings including acute care, skilled nursing, and home health care, but she has spent the majority of her career in the out-patient orthopaedic rehabilitation setting. Currently, Ms. Cikulin-Kulinski is an educator at Fox College for their PTA program and a part-time clinician for AthletiCo Physical Therapy.

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