

2ND Edition

Physical Therapy Clinical Handbook for PTAs

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Preface

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

In physical therapy practices, physical therapists (PTs) and physical therapist assistants (PTAs) encounter patients/clients who need a variety of tests and interventions. These aspects of care are based on the patient/client's specific impairments and functional limitations. In contemporary research-based practices, the range and amount of information related to data collection and interventions are substantial and demanding, even for the most experienced PTA and the most prepared PTA student. Some tests and interventions that are not used regularly in the clinical practice may require both the student and the clinician to seek a quick reminder of their content, thereby ensuring a successful outcome for the patient/client. Consequently, this concise and condensed clinical pocket guide was designed specifically to help the PTA and PTA student obtain helpful research-based information as needed.

This handbook makes no claim to be a comprehensive reference work on physical therapy, but rather is meant as a succinct, summary-style pocket guide, offering immediate assistance concerning physical therapy data collection and interventions in various clinical settings, including musculoskeletal, neurologic, cardiopulmonary, integumentary, geriatric, pediatric, and acute care. In a portable and user-friendly format, the handbook includes the basic facts that a PTA, a PTA student, and even a PT or PT student may need in their clinical practices.

Similar to the first edition, this new edition contains physical therapy terminology reflecting current physical therapy practice according to the APTA's *Guide to Physical Therapist Practice*. This updated edition is organized into nine parts, with sections for each part, and six appendices. The appendices contain two balance assessment forms and four cardiac and integumentary patient education explanations that may be duplicated for the patient's home use.

Safety in the Clinical Environment contains eight sections describing the collaborative relationship between the PT and the PTA, patient communication elements, patient education topics, patient confidentiality, cultural competence and domestic violence issues, infection control guidelines, and safety fundamentals during interventions.

Clinical Documentation contains four sections relating to documentation guidelines and elements, a description of SOAP notes, and examples of approved abbreviations and symbols.

Musculoskeletal Interventions is the largest segment, containing seven sections that address musculoskeletal data collection, basic musculoskeletal clinical impairments and functional limitations of arthritic and other orthopedic conditions, musculoskeletal interventions and patterns, and musculoskeletal anatomy.

Neurologic Interventions has five sections that impart information about neurological data collection, clinical impairments and functional limitations, neurologic conditions, neurologic interventions and patterns including the newest virtual reality therapy, and the anatomy and physiology of the nervous system.

Cardiopulmonary Interventions is a six-section part that describes cardiopulmonary data collection elements, cardiopulmonary clinical impairments and functional limitations, cardiopulmonary conditions, cardiopulmonary interventions and patterns, and cardiopulmonary anatomy and physiology.

Integumentary Interventions includes six sections on integumentary data collection, clinical impairments and functional limitations of integumentary conditions, types of integumentary interventions and patterns, wound documentation elements, and integumentary system anatomy.

Geriatric Interventions contains four sections focusing on geriatric data collection, age-related impairments and functional limitations and suggestions for interventions, geriatric disorders and diseases and interventions, and a basic Medicare reimbursement overview.

Pediatric Interventions has three sections, which address pediatric data collection, pediatric interventions, and pediatric disorders, diseases, and interventions.

Finally, *Basic Acute Care Physical Therapy Interventions* is organized in three sections that discuss musculoskeletal/orthopedic acute care interventions, neurological acute care interventions, and significant factors while applying acute care physical therapy to other types of disorders and diseases (endocrine, gastrointestinal, genitourinary, and oncological).