

POCKET NOTES

for the

Physical Therapist Assistant

Second Edition

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Dedication

To my family, Sheila, Malcolm, and Niani, with much love.

—SBS

To Bob and Emily, with much love.

—CM

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Preface

We have observed physical therapist assistant (PTA) students and new graduates struggle with the anxieties of competent clinical practice. We thought an easy “one-stop shopping” text of relevant clinical data might ease some anxiety by providing students with quick didactic support. Our spirits have therefore been buoyed to learn that over the past few years many students and clinicians have used the first edition of this text to the benefit of their clinical careers. Every so often, we encounter a clinician who lets us know that the text is a helpful clinical aid. Therefore, this *Second Edition* does not depart from our original intent. It does not attempt to become more than it is—a clinical reference guide, and a text containing useful and easily retrievable data that supports clinical practice. So, although we may have tweaked some of the chapters and, based on comments from the field, added some content, this edition is offered in clinical service. New content includes an expansion of gait topics, as well as the inclusion of hydrotherapy/aquatic therapy, interferential current, mechanical spinal traction, and microelectrical neuromuscular stimulation. Also, information about balance and breathing activities has been added.

This book is organized into six chapters with an appendix of commonly used abbreviations. To facilitate easier retrieval, all data is organized in columnar or tabular form.

- Chapter 1 contains clinical assessment data including range of motion, manual muscle testing, blood values and vital signs, and other useful information. It represents a compilation of those tests and values the PTA commonly encounters, interprets, and applies.

- Chapter 2 not only reviews the basics of selected physical therapy modalities, but also provides assessment and documentation tips.
- Chapter 3 provides descriptions and goals of common therapeutic exercises as well as suggested patient instructions.
- Chapter 4 reviews normal gait, describes common deviations and compensations, and provides descriptions of common prosthetic gait deviations.
- Chapter 5 lists and describes common intravenous and oral medications.
- Chapter 6 reviews selected common pathologies, each including a clinical description, physical therapy goals, clinical precautions, and effective physical therapy interventions.