

## Syllabus

**Name of Course:** **Physiotherapy Modalities LAB (ACS-811)**

**Length of course:** 1 hour (1 hour lab), .5 units

**Course Description:** This lab is in conjunction with the lecture class, and will allow the student to view, understand, and practice performing the various therapies administered in a typical chiropractic practice using the many different machines that the college health center has access to, giving the students sufficient exposure to be competent in administering the therapies.

**Prerequisites:** None

**Course offered by:** Clinical Science Department

**Required Text:** Physiotherapy II Lab Manual

It is highly recommended that you have a copy of the PT video made in the library for study purposes.

**Recommended Texts:** Starkey C. Therapeutic Modalities 4th ed. Philadelphia, PA: F.A. Davis Company, 2013.  
Michlovitz, S. L., Bellew, J. W., & Nolan, T. P., Jr. Modalities for Therapeutic Intervention 5th ed. Philadelphia: F. A. Davis Company, 2012.  
Jaskoviak PA., Applied Physiotherapy, 2nd ed. Arlington, VA: The American Chiropractic Association, 1993  
Prentice WE. Therapeutic Modalities in Sports Rehabilitation 3rd ed. New York: McGraw-Hill, Medical Pub. Division, 2005

**Method of Instruction:** Discussion & demonstration with lots of hands-on.  
Lab will allow students to experience the information given during lecture.

<b>Evaluation/ Grading Criteria:</b>	Three Tests at 15 pts each	50 %
	Lab practical final	<u>50 %</u>
	Total	100 %

Grades and the Grading System Final Grades are available online through the CAMS student portal. If there are any questions on grading procedures, computation of grade point average, or the accuracy of the grade report, please contact the Registrar's Office or the Office of Academic Affairs. Grades will be reported and evaluation will be based on the Academic Policies, Procedures, & Services. Please refer to Evaluation Policy (**Policy ID: OAA.0007**)

In order to maintain **Satisfactory Academic Progress**, a student must maintain a 2.0 or better in each and every course. **Any grade less than a C must be remedied by repeating the class.** Please refer to Satisfactory Academic Progress (**Policy ID: OAA.0006**)

**Attendance:** Please refer to Attendance Policy (**Policy ID: OAA.0002**)

**Conduct and Responsibilities:** Please refer to the Personal Conduct, Responsibility and Academic Responsibility Policy (**Policy ID: OAA.0003**)

**Make-up Exams:** Please refer to Make-up Assessment Policy (**Policy ID: OAA.0001**)

**Request for Special Testing:** Please refer to Request for Special Testing (**Policy ID: OAA.0004**)

**Accommodation for Students with Disabilities:**

If you have approved accommodations, please make an appointment to meet with your instructor as soon as possible. If you believe you require an accommodation, but do not have an approved accommodation letter, please see the Academic Counselor Lori Pino in the Office of Academic Affairs. Contact info: [Lpino@lifewest.edu](mailto:Lpino@lifewest.edu) or 510-780-4500 ext. 2061. Please refer to Service for Students with Disabilities Policy (**Policy ID: OAA.0005**)

**Electronic Course Management:**

**Canvas** is LCCW's Learning Management System (LMS). Canvas will be used throughout the quarter during this course. Lectures, reminders, and messages will be posted. In addition, documents such as the course syllabus and helpful information about the class project will be posted. Students are expected to check Canvas at least once a week in order to keep updated. The website address for Canvas is <https://lifewest.instructure.com/login/canvas> Please refer to the Educational Technologies Policy (**Policy ID: OAA.0009**)

**Course Goals:** To prepare the student for practical application of the modalities available in the Health Center.

**Curricular Objectives:** [Council of Chiropractic Education (CCE) and LCCW Mapping]

1. Formulate a diagnosis/es supported by information gathered from the history, examination, and diagnostic studies. [CCE: 1E]
2. Determine the need for chiropractic adjustment/manipulation or other forms of passive care. [CCE: 2B]
3. Explain health risk factors, leading health indicators and public health issues to patients. [CCE: 3B]
4. Apply knowledge of ethical principles and boundaries. [CCE: 5A]

## Course Objectives:

- Week 1:** Discuss the 3 E's, Explain, Expose, Examine. Practice with partners the appropriate technique.
- Week 2:** Cryotherapy. Discuss and administer cryotherapy by using cold packs, ice massage, and ice bath. Explain contraindications and indications.
- Week 3:** Superficial heat/deep heat. Discuss and administer hydrocollator packs and review diathermy. Discuss specific contraindications for superficial and deep heat(diathermy).
- Week 4:** Deep heat continued. Demonstrate and practice direct ultrasound technique for 1 and 3 MHz using the Mettler and LSI units. Discuss the contraindications for ultrasound use.
- Week 5:** *QUIZ* - Demonstrate and practice bladder and immersion ultrasound technique using the Mettler and LSI units.
- Week 6:** Demonstrate and practice microcurrent therapy using the Mettler unit. Explain rational, indications, and contraindications for its use.
- Week 7:** *QUIZ* - Demonstrate and practice biphasic/TENS therapy using the Mettler unit. Demonstrate and practice HVPC therapy using the Mettler unit.
- Week 8:** Demonstrate and practice Interferential (true IF, premod IF, and Russian Stim) using the Mettler and LSI units. Discuss contraindications for its use.
- Week 9:** *QUIZ* - Demonstrate the use of laser therapy employing the Helium-neon laser (Erchonia), and the GaAlAs laser (MR4). Explain and demonstrate the use of percussive therapies using the Thumper massager.
- Week 10:** *National Boards*

## Student Learning Outcomes (SLO):

1. The student will be able to evaluate and formulate an effective protocol for helping a patient with any modalities available to them in the health center.  
[PLO: 1, 2, 5]
2. The student will understand all contraindications for each of the modalities.  
[PLO: 3]

**Program Learning Outcomes (PLO):** Students graduating with a Doctor of Chiropractic degree will be proficient in the following:

- 1. ASSESSMENT AND DIAGNOSIS:** An assessment and diagnosis requires developed clinical reasoning skills. Clinical reasoning consists of data gathering and interpretation, hypothesis generation and testing, and critical evaluation of diagnostic strategies. It is a dynamic process that occurs before, during, and after the collection of data through history, physical examination, imaging, laboratory tests and case-related clinical services.
- 2. MANAGEMENT PLAN:** Management involves the development, implementation and documentation of a patient care plan for positively impacting a patient's health and well-being, including specific therapeutic goals and prognoses. It may include case follow-up, referral, and/or collaborative care.
- 3. HEALTH PROMOTION AND DISEASE PREVENTION:** Health promotion and disease prevention requires an understanding and application of epidemiological principles regarding the nature and identification of health issues in diverse populations and recognizes the impact of biological, chemical, behavioral, structural, psychosocial and environmental factors on general health.
- 4. COMMUNICATION AND RECORD KEEPING:** Effective communication includes oral, written and nonverbal skills with appropriate sensitivity, clarity and control for a wide range of healthcare related activities, to include patient care, professional communication, health education, and record keeping and reporting.
- 5. PROFESSIONAL ETHICS AND JURISPRUDENCE:** Professionals comply with the law and exhibit ethical behavior.
- 6. INFORMATION AND TECHNOLOGY LITERACY:** Information literacy is a set of abilities, including the use of technology, to locate, evaluate and integrate research and other types of evidence to manage patient care.
- 7. CHIROPRACTIC ADJUSTMENT/MANIPULATION:** Doctors of chiropractic employ the adjustment/manipulation to address joint and neurophysiologic dysfunction. The adjustment/manipulation is a precise procedure requiring the discrimination and identification of dysfunction, interpretation and application of clinical knowledge; and, the use of cognitive and psychomotor skills.
- 8. INTERPROFESSIONAL EDUCATION:** Students have the knowledge, skills and values necessary to function as part of an inter-professional team to provide patient-centered collaborative care. Inter-professional teamwork may be demonstrated in didactic, clinical or simulated learning environments.
- 9. BUSINESS:** Assessing personal skills and attributes, developing leadership skills, leveraging talents and strengths that provide an achievable expectation for graduate success. Adopting a systems-based approach to business operations. Networking with practitioners in associated fields with chiropractic, alternative medicine and allopathic medicine. Experiencing and acquiring the hard business skills required to open and operate an on-going business concern. Participating in practical, real time events that promote business building and quantifiable marketing research outcomes
- 10. PHILOSOPHY:** Demonstrates an ability to incorporate a philosophically based Chiropractic paradigm in approach to patient care. Demonstrates an understanding of both traditional and contemporary Chiropractic philosophic concepts and principles. Demonstrates an understanding of the concepts of philosophy, science, and art in chiropractic principles and their importance to chiropractic practice.