



## State Technical College of Missouri

### Observation Hours Substitution Videos (adapted with permission)

View the following videos from youtube and ICE Learning Center to answer the questions associated with each video – return your answers to [Admissions@statetechmo.edu](mailto:Admissions@statetechmo.edu)

#### **Ankle Sprain:**

<https://www.youtube.com/watch?v=hEmLp6iQB7M>

- What did they mean by Weight bearing as tolerated?
- What does PRICE stand for?
- What is the purpose of doing the alphabet exercises?
- Why should you try to walk normally?
- Which exercise did they do that works the medial and lateral muscles of the ankle?
- Which exercise looks like it challenges the patient's balance?

#### **ACL Repair:**

<https://www.youtube.com/watch?v=uPSxIuodIcM>

- Why is the patient moving his leg back and forth on the mat in stage I?
- Why does the therapist exercise the patient's hip?
- Why does the patient need to wear a knee brace?
- How much time is the patient going to need to exercise at home during stage II?
- What is the most common way to injure the ACL?
- When can the patient start jumping?
- Pain is common in what part of the knee after this surgery?

#### **Shoulder Impingement:**

<https://www.youtube.com/watch?v=fpqMU88DfyE>

- What can impingement cause?
- If you are standing with proper posture, which direction should your thumbs be pointing?
- What is the purpose of the exercise where the therapist lays on his back on the roller?
- What is the purpose of the "y exercise"?
- What is the purpose of having a towel roll under your arm when doing external rotation?
- When the therapist uses the blue tubing, which position is most difficult?

#### **Sciatica:**

<https://www.youtube.com/watch?v=Jrp1b7FnSqs>

- What are some places that could hurt if you have sciatic pain?
- When you prop yourself on your elbows, what should happen to your pain?
- Why might the sciatic nerve be tightening down?
- When doing the nerve glide, what position makes it pull more?

<https://www.youtube.com/watch?v=BMBwiha6wOQ>

- What are two things to avoid when you have a herniated disk or sciatica?

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*For the next set of videos, go to:*

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<https://videos.icelearningcenter.com/statetechnicalcollegeofmissouripta>

Password: StateTechPTA

Click on the Video Titles tab and find each of the videos below to answer the questions.

### **Pediatrics:**

Watch: peds mat activity – supine to sit and watch peds mat activity: sit to stand.

- In the Supine to sit activity – where do you think the child is weakest?

In sit to stand:

- Why does the therapist put her feet on either side of the patient's feet?
- Which muscles do you think are weak in this patient that would prevent her from standing?
- Why do you think the therapist and the patient's father are trying to get the patient to lock her knees out?

### **Multiple Sclerosis:**

#### **Problems observed in the home part 2-**

- What problem is very common for people with MS?
- What is one pro and one con of the patient using a stool to do her art work?
- Why is she using the stool in the first place?

### **Stroke:**

#### **Transfer from chair to bed in acute care:**

- What are some things that the therapist told the patient to do that he didn't do?

#### **Transfer and bed mobility in acute care:**

- What movements does the therapist tell the patient to do in order to sit on the bed?
- Which side of the patient's body is weak?
- Which muscles do you think the patient has to use to move his hips up and over?
- What are some things that the therapist does for the patient after therapy but before leaving the room?

#### **Outpatient Assessment Part 2, patient goals-**

- What are some things the patient wants to be able to do at home?

- What are some things that the patient is able to do at home already?
- What is a problem the patient is having with his hand?
- What does the patient complain about when sleeping?

## **COPD**

### **Ventilator Part 3 – sit to stand at edge of bed.**

- Why does the therapist raise the bed?
- Why do you think the therapist had the patient march?
- What do they check on the patient after marching?
- What do you think the numbers mean on the device that is on the patient's finger?

## **Skilled Nursing**

### **Ambulation part 1, patient refuses**

- What are some things the PTA says to the patient to try to convince her to ambulate?

### **Spinal Stenosis – 3 months post-surgery- ambulation 1**

- What does the therapist remind the patient to do as he walks?
- What is unusual about how the patient moves his feet?
- Why are they pushing the wheelchair behind the patient?

## **Home**

### **Standing at the kitchen counter**

- When the patient stands up, where will the family member be standing?

### **IADLs – washing dishes while standing**

- Which hand is weak on this patient?
- Why do you think the therapist has the patient hold the sponge in her left hand?

## **Outpatient:**

### **Total knee replacement, 7 days post, lymphatic drainage**

- Why does the therapist say that you shouldn't push fluid towards the groin?
- What does touching the knee do?

### **Total knee replacement – measuring joint range of motion**

- How much knee extension does the patient have?
- How much knee flexion does the patient have?
- Since the patient is able to extend their knee, which muscle is building strength?