

Pennsylvania College of Technology

PTA Program - Skill Competency List

COURSE	SKILL COMPETENCY ASSESSMENT TOOL	SKILL(S) ASSESSED
PTA121 Clinical Kinesiology	Dermatomes, Myotomes, and Deep Tendon Reflexes Skill Check	<ul style="list-style-type: none"> • Dermatomes • Myotomes • Deep Tendon Reflexes
	Palpation Skill Check	Palpate and identify common landmarks trunk and all extremities
	Lower Extremity Manual Muscle Testing Skill Check	Lower Extremity Manual Muscle Testing
	Lower Extremity Goniometry Skill Check	Lower Extremity ROM Testing
	Upper Extremity Manual Muscle Testing Skill Check	Upper Extremity Manual Muscle Testing
	Upper Extremity Goniometry Skill Check	Upper Extremity ROM Testing
	Muscle Tone, Mass, and Length Skill Check	Muscle Tone, Mass, and Length
PTA130 PT Procedures I	Anthropometric Measurements Skill Check	<ul style="list-style-type: none"> • Proper use of measuring devices • Height • Weight, BMI • Circumferential Measurements • Leg length • Volumetric measurements • Skin fold caliper
	Aseptic Procedures Skill Check	<ul style="list-style-type: none"> • Hand Washing • Donning and doffing protective equipment • Maintaining sterile field • Proper disposal of materials
	Bandage Application Skill Check	<ul style="list-style-type: none"> • Proper application of bandage, gauze wrap, ace wrap
	Bed Mobility Skill Check	<ul style="list-style-type: none"> • Assess/Assist as needed for lateral bed mobility • Supine to sit bed mobility • Proper positioning supine, prone, or side-lying
	Body Mechanics Skill Check	<ul style="list-style-type: none"> • Lifting 25# floor to waist • Pushing and pulling 50# • Instruction in proper body mechanics
	Cognition and Mentation Skill Check	<ul style="list-style-type: none"> • Provide proper patient interview • Assess awareness and orientation • Provide sequencing activity • Provide memory activity to assess short- and long-term memory • Discuss cognition/safety with family member if available
	Gait Training with Assistive Devices Skill Check	<ul style="list-style-type: none"> • Ensure proper maintenance of weight bearing restrictions • Proper adjustment of assistive device for height • Proper instruction of device on all surfaces

		<ul style="list-style-type: none"> • Proper use of cane, quad cane, hemi-walker, crutches, Loftstrand crutches, walker and rolling walker all surfaces
	Transfer Training Skill Check	<ul style="list-style-type: none"> • Instruct and perform sit to/from stand transfer • Instruct and perform stand/squat pivot transfer, dependent pivot • Instruct and perform sliding board transfer • Two-person dependent lift bed to/from chair
	Vital Signs Skill Check	<ul style="list-style-type: none"> • Radial pulse, Dorsal Pedal pulse, auscultate pulse • Oxygen Saturation • Respiration rate • Blood Pressure
PTA220 Therapeutic Exercise	Diaphragmatic breathing Skill Check	<ul style="list-style-type: none"> • Educate in proper breathing technique • Provide appropriate hand placement over diaphragm for biofeedback • Monitor respiration rate • Monitor oxygen saturation
	PNF Diagonals Upper Extremity (UE)/Lower Extremity (LE)	<ul style="list-style-type: none"> • Perform with proper technique, resistance, speed of movement, and hand placement for muscle(s) needed to be strengthened. • Patient education for correct performance and follow through of home exercise program
	Upper Extremity / Lower Extremity Strengthening Exercises Skill Check	<ul style="list-style-type: none"> • Demonstrate, educate, and complete AROM exercises, isometrics, resisted ROM
	UE/LE PROM and AAROM, AROM and Resisted ROM Exercise Skill Check	<ul style="list-style-type: none"> • Demonstrate, educate, and complete PROM and AAROM exercises
	Monitoring of Vital Signs during Activity Skill Check	<ul style="list-style-type: none"> • Assess resting vital signs (radial pulse, oxygen saturation, respiration rate, blood pressure) • Determine therapeutic range for safe exercise for patient • Monitor all vital signs during exercise activity • Assess post activity vital signs
	Stretching for the UE/LE	<ul style="list-style-type: none"> • Perform with proper technique, resistance, speed of movement, and hand placement for muscle(s) needed to be stretched. • Educate patient appropriately for correct performance and follow through of home exercise program
PTA226 Physical Agents	Biofeedback Skill Check	<ul style="list-style-type: none"> • Using appropriate rationale, explain benefit of biofeedback, establish appropriate parameters for desired goals • Instruct in in proper use with visual or auditory feedback for desired goals • Program unit correctly • Inspect for adverse reaction, re-assess to determine effectiveness of treatment
	Diathermy Skill Check	<ul style="list-style-type: none"> • Prepare area with appropriate insulation toweling • Establish appropriate parameters, program unit, provide intervention
	Electrical Stimulation (Russian, Neuromuscular) Skill Check	<ul style="list-style-type: none"> • Prepare area

		<ul style="list-style-type: none"> Establish appropriate parameters, apply electrodes properly, program unit, provide intervention
	Fluidotherapy Skill Check	<ul style="list-style-type: none"> Prepare area Establish appropriate parameters, program unit, provide intervention
	Hot Packs/Cold Packs/Contrast Bath/Ice Massage Skill Check	<ul style="list-style-type: none"> Prepare area Provide intervention of hot packs, cold packs, contrast bath, and ice massage in safe, effective manner
	Intermittent Compression Skill Check	<ul style="list-style-type: none"> Prepare area Take Blood pressure and assess peripheral circulation Perform circumferential or volumetric measurements Provide intervention in safe and therapeutic manner Perform post treatment circumferential or volumetric measurements
	Iontophoresis Skill Check	<ul style="list-style-type: none"> Prepare area Prepare electrodes and apply according to manufacturer's directions Provide iontophoresis treatment with appropriate parameters
	Phonophoresis Skill Check	<ul style="list-style-type: none"> Prepare area Provide phonophoresis after verifying patient name with topical medication, provide treatment with appropriate parameters
	Lumbar and Cervical Traction Skill Check	<ul style="list-style-type: none"> Prepare area Lumbar traction: utilize appropriate parameters and provide effective treatment for desired goal Cervical Traction: utilize appropriate parameters and provide effective treatment for desired goal
	Paraffin Bath Skill Check	<ul style="list-style-type: none"> Prepare area, verify correct paraffin temperature provide intervention wrap with proper insulation
	Electrical Stimulation (High Volt, Interferential Stimulation, TENS) Skill Check	<ul style="list-style-type: none"> Prepare area Apply electrodes and set appropriate parameters for desired goals Provide treatment
	Ultrasound Skill Check	<ul style="list-style-type: none"> Prepare area Set appropriate parameters for desired goals Provide treatment: <ul style="list-style-type: none"> Contact US Pulsed US Immersion US
	Whirlpool Skill Check	<ul style="list-style-type: none"> Prepare area, verify correct water temperature provide intervention
PTA230	Sensation, Coordination, Proprioception for the Neurologic Patient	<ul style="list-style-type: none"> Provide proper instruction and utilize proper technique for assessment of sensation

Clinical Neurology PTA230		<ul style="list-style-type: none"> • Provide proper instruction and utilize proper technique for assessment of coordination • Provide proper instruction and utilize proper technique for assessment of proprioception
	Neurologic Treatment Facilitation Inhibition Interventions	<ul style="list-style-type: none"> • Prepare area • Position patient • Provide intervention utilizing appropriate handling skills for: Facilitation Inhibition Interventions
	Positioning Interventions for the Individual with Neurologic Diagnosis	<ul style="list-style-type: none"> • Utilize appropriate patient handling, ensure patient safety, mindful of bony prominences • Demonstrate proper positioning of patient with neurologic deficits in supine • Demonstrate proper positioning of patient with neurologic deficits in side-lying • Demonstrate proper positioning of patient with neurologic deficits in sitting
	Transfers for the Individual with Neurologic Diagnosis and Caregiver Education	<ul style="list-style-type: none"> • Instruct and perform stand/squat pivot transfer, dependent pivot transfer • Instruct and perform sliding board transfer • Instruct caregiver in proper technique for performing all transfers
	Gait Interventions for the Individual with Neurologic Diagnosis	<ul style="list-style-type: none"> • Prepare area • Position patient • Select appropriate assistive devices • Provide appropriate handling technique for facilitation/inhibition, provide appropriate amount of assist
PTA250 PT Procedures II	Therapeutic Massage Skill Check	<ul style="list-style-type: none"> • Prepare area • Demonstrate proficiency in massage techniques
	Wound Management Skill Check	<ul style="list-style-type: none"> • Prepare area including assuring sterile field • Proper dressing removal and disposal • Proper cleaning of wound • Proper wound assessment • Proper re-application of dressing
	Wheelchair Mobility for Patient and Caregiver	<ul style="list-style-type: none"> • Dependent navigation on all surfaces with proper instruction • Assisted navigation on all surfaces with proper instruction • Independent navigation on all surfaces with proper instruction
PTA260 Rehabilitation	Falls Risk and Outcome Measures	<ul style="list-style-type: none"> • Given a case scenario, identify and perform an appropriate outcome measure with assessment of results • Relate results of outcome measures to fall risk.
	Postural Drainage All Lobes Skill Check	<ul style="list-style-type: none"> • Provide education and instruct in diaphragmatic breathing and pursed lip deep breathing, coughing • Position patient correctly and provide percussion and vibration/shaking to a select lung segment

	Residual Limb Wrapping, Patient/Caregiver education.	<ul style="list-style-type: none"> Educate and provide limb wrapping for amputees of various levels of the UE/LE Perform effective wrapping techniques given a specific case scenario.
	Pulmonary Assessment Skill Check	<ul style="list-style-type: none"> Perform Inspection, auscultation, chest expansion measurement, assessment of posture and accessory muscle use
PTA265 Orthopedics and Sports for the PTA	Foot and Ankle Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction
	Hip Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction
	Knee Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction
	Shoulder Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction
	Elbow Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction
	Wrist and Hand Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction
	Spinal Stability Skill Check	<ul style="list-style-type: none"> Provide 2 interventions from a PT POC from a mock scenario Posture and body mechanics assessment Progression of exercises Data Collection and Documentation Home exercise instruction