

Physical Rehabilitation for the Physical Therapist Assistant

Physical rehabilitation is a branch of healthcare that helps people regain their physical function and mobility after an injury, illness, or surgery. Physical therapist assistants (PTAs) play a vital role in the rehabilitation process, providing hands-on care and support to patients. This book is a comprehensive guide to physical rehabilitation for PTAs, covering all aspects of the profession, from assessment and diagnosis to treatment and discharge planning.



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Assistant by Michelle H. Cameron

★★★★☆ 4.9 out of 5

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Assessment and Diagnosis

The first step in the rehabilitation process is to assess the patient's condition and make a diagnosis. PTAs use a variety of assessment tools, including physical exams, range of motion tests, and strength tests. Once a diagnosis has been made, the PTA will develop a treatment plan in collaboration with the patient and the physical therapist.

Treatment

The goal of physical rehabilitation is to help patients regain their physical function and mobility. PTAs use a variety of treatment techniques, including:

- Range of motion exercises
- Strengthening exercises
- Balance exercises
- Gait training
- Soft tissue mobilization
- Electrical stimulation
- Ultrasound
- Hydrotherapy

Discharge Planning

Once the patient has reached their rehabilitation goals, the PTA will work with the patient and the physical therapist to develop a discharge plan. The discharge plan will include instructions on how to continue the rehabilitation process at home, as well as information on when to return for follow-up appointments.

Physical Rehabilitation for the Physical Therapist Assistant is a comprehensive guide to physical rehabilitation for PTAs. It is a valuable resource for PTAs who are new to the profession, as well as for experienced PTAs who want to stay up-to-date on the latest advances in rehabilitation.

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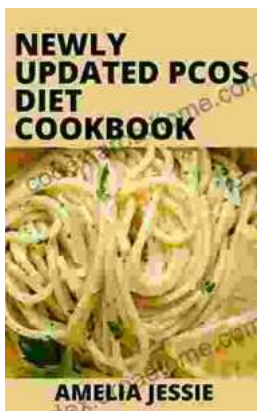
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