

Vanderbilt Orthopaedics Nashville

Physical Therapy Student Objectives for Outpatient Therapy

1. Perform a physical therapy orthopaedic evaluation within one hour by using correct evaluative tests and measures within the context of the evaluation. Formulate a diagnosis by the end of the evaluation.
2. Perform one evaluation for each area: upper quarter, lower quarter, low back, and neck.
3. Demonstrate proficiency in all modalities available in the outpatient setting, explaining rationales to patients. Be able to discuss the indications/contraindications for each modality.
4. Supervise a technician and athletic trainer for a patient treatment.
5. Design a home exercise program and ask for a return demonstration from the patient at the next visit.
6. Develop a plan of care and treatment progression, especially for patients with a fixed number of visits per managed care.
7. Schedule patients appropriately with the ability to handle 2-3 patients at a time by the last week of the clinical rotation.
8. Handle a full case load for one week by the last week of the clinical rotation.
9. Complete all required documentation prior to the beginning of the next business day.
 - a. Initial evaluation
 - b. Progress note every 10 visits or 30 days
 - c. Daily notes
10. Accurately communicate physical therapy needs to some of the external contacts:
 - a. Discuss your patient's case with the referring physician
 - b. Request authorization for therapy visits
 - c. Contact the referring physician to amend the prescription as it was originally written.
 - d. Be able to obtain medical information from EMR including: x-ray, MRI, labs, physician notes and progress notes.
11. Consistently perform tests and measures accurately for each body part.

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- a. Joint mobilizations
 - b. Range of motion (ROM)
 - c. Strength testing
 - d. Special tests
12. Demonstrate conflict resolution skills
13. Collaborate with other disciplines where indicated.
14. Take advantage of specialties offered within Vanderbilt University Medical Center Physical Therapy Department if scheduling allows:
- Acute care
 - Surgery observation
 - Pi Beta Phi –balance testing, wheelchair fitting, etc.
 - Pelvic Floor Rehab
 - Amputee training
 - Occupational/Hand Therapy
15. Prepare and present an in-service on a topic pertinent to out-patient orthopaedics.