

The Physical Therapy Licensure Examination Syllabus

MEDICAL ASPECT

Subject

- A. Anatomy 1: Anatomy and Histology of the Back and Limbs
- B. Anatomy 2: Internal Organs, Face and Neuroanatomy
- C. Anatomy 3: Kinesiology and Biomechanics
- D. Physiology 2: General Physiology and Neurophysiology
- E. Pathology and Microbiology: General Pathology and General Microbiology
- F. Psychiatry: Psychological Reactions to Disability
- G. Orthotics and Prosthetics: Splinting, Casting Bandaging, Bracing, Artificial Limbs
- H. Medical/Surgical 1: General Medical Conditions and Pediatric Conditions
- I. Medical/Surgical 2: Neurological and Neurosurgical Conditions
- J. Medical/Surgical 3: Orthopedic and Surgical Conditions

PT ASPECT

Subject

- A. Therapeutic Exercise 1: Physiology of Exercise, Types and Posture
- B. Therapeutic Exercise 2: Specific Exercise; PRE's
- C. Therapeutic Exercise 3: Advanced Therapeutic Exercise, PNF
- D. PT 1: Hydrotherapy, Introduction to Patient Care, Massage and Superficial Heat
- E. PT 2: Electrotherapy
- F. PT 3: Principles of Evaluation; Techniques - ROM, MMT; History Taking and Charting
- G. Ethics in Physical Therapy
- H. Organization and Administration
- I. Seminar 1: Clinical Correlation, Team Approach
- J. Seminar 2: Clinical Correlation, Team Approach
- K. Clinical Education: Introduction to Clinics

ANATOMY I: HISTORY AND ANATOMY OF THE LIMBS AND BACK

- 1. Fundamentals of Anatomy
 - 1.1 Basic nomenclature/terminologies (anatomic position, planes, movements etc.)
 - 1.2 General Structural Organization
 - 1.2.1 Cellular level
 - 1.2.2 Tissue level (types of tissues)
 - 1.2.3 Systems and organs of the human body
 - 1.3 Gross and Histologic Anatomy of
 - 1.3.1 Muscle
 - 1.3.2 Bone
 - 1.4 Joints (Diarthropodial and Synarthrodial)
 - 1.5 Skin and its Appendages
- 2. Back and Spine
 - 2.1 Vertebral Column (bones, articulations and ligaments)
 - 2.2 Movements and muscle of the back and spine
- 3. Upper Extremity (Shoulder, Girdle, Shoulder, Elbow, Forearm, Wrist and Hand)
 - 3.1 Bony Anatomy
 - 3.2 Innervation
 - 3.3 Muscles and Joints
 - 3.4 Vascular Supply

ANATOMY 2: INTERNAL ORGANS, FACE AND NEUROANATOMY

1. Organ System Anatomy
 - 1.1 Cardiovascular system
 - 1.1.1 Organs of the CVS with emphasis on the gross anatomy of the heart and histology of the cardiac cell
 - 1.1.2 Coronary circulation
 - 1.2 Respiratory System
 - 1.2.1 Organs of the respiratory system with emphasis on the gross anatomy of the upper and lower respiratory tract and the histology of the lung
 - 1.2.2 Pulmonary circulation
 - 1.2.3 Muscles of respiration
 - 1.3 Circulatory System
 - 1.3.1 Fetal circulation
 - 1.3.2 Standard circulation
 - 1.4 Other Systems of the Body
 - 1.4.1 Organs of the digestive system
 - 1.4.2 Organs of the endocrine system
 - 1.4.3 Organs of the reproductive system
 - 1.4.4 Organs of the renal system
2. Face and Neck with Emphasis on
 - 2.1 Muscles of facial expression
 - 2.2 Facial nerve
 - 2.3 Triangles of the neck
 - 2.4 Muscle of the head and neck
3. Neuroanatomy
 - 3.1 Functional Organization of the Nervous System
 - 3.2 Cerebral Circulation and the Ventricular System
 - 3.3 Cerebral Cortex
 - 3.3.1 Parts: Brodmann's Area
 - 3.3.2 Sensory and Motor Homonculus
 - 3.3.3 Vascular Supply
 - 3.4 Brainstem
 - 3.5 Cerebellum
 - 3.6 Spinal Cord
 - 3.6.1 Gross Anatomy
 - 3.6.2 Ascending and Descending Pathways
 - 3.6.3 Relationship to Vertebral Column
 - 3.6.4 Vascular Supply
 - 3.6.5 SC Reflex
 - 3.7 Peripheral Nervous System
 - 3.7.2 Autonomic Nervous System
 - 3.7.3 Cervical, Brachial, and Lumbosacral Plexus

PHYSIOLOGY 1: GENERAL PHYSIOLOGY AND NEUROPHYSIOLOGY

1. Cell Physiology
 - 1.1 Functional organization of the cell
 - 1.2 Chemical composition and transport of substances
 - 1.3 Electrical properties and action potential
 - 1.3.1 nerve
 - 1.3.2 muscle
 - 1.3.3 chronaximetry
2. Neurophysiology
 - 2.1 Synaptic transmission and the neuromuscular junction
 - 2.2 Sliding filament or cross bridging theory or mechanism of muscle contraction
 - 2.3 Length-tension and force-velocity relationship
3. Exercise or sport physiology

4. Reflex physiology with emphasis on the
 - 4.1 Muscle stretch reflex or muscle spindle
 - 4.2 Golgi tendon reflexes
5. Movement, Balance, and Coordination
6. Pain

PHYSIOLOGY 2: ORGAN SYSTEM PHYSIOLOGY

1. Energetics and Metabolism
 - 1.1 Role of ATP in energy production
 - 1.2 Aerobic versus anaerobic energy
 - 1.3 Basal metabolic rate and factors that affect it
 - 1.4 Energetics in relation to exercise
2. Temperature Regulation
3. Blood Physiology (as a background for the study of inflammation, infection and hemostasis)
 - 3.1 Function of the different blood elements
 - 3.2 Immune responses of the body
 - 3.3 Hemostasis
4. Circulatory system physiology (as a basis for
 - 4.1 Regulation of blood flow
 - 4.2 Filtration and diffusion (exchange of fluid and nutrients)
 - 4.3 Hydrostatic and osmotic pressure
 - 4.4 Control or regulation of blood pressure
 - 4.5 Blood flow in exercise
5. Cardiovascular Physiology
 - 5.1 Electrophysiology of the heart and its conductive system
 - 5.2 Regulation of the heart
 - 5.3 Control of the coronary circulation
6. Respiratory Physiology
 - 6.1 Mechanics of breathing, ventilation, respiration
 - 6.2 Regulation and control of respiration
 - 6.3 Lung volumes and capacities
 - 6.4 Pulmonary function tests
 - 6.5 Control of pulmonary circulation
7. Other Systems Physiology
 - 7.1 Swallowing and digestion
 - 7.2 Renal Physiology
 - 7.3 Physiology of sexual function

ANATOMY I: KINESIOLOGY

1. Principles of Kinesiology and Biomechanics
 - 1.1 Theories of motion and biomechanics
 - 1.2 Factors that create or modify motion
 - 1.3 Statics (includes effect of the center of gravity)
 - 1.4 Biomechanics of Human Motion (levers, muscle, and joint forces etc.)
2. Kinesiology and biomechanics (theories of motion) as applied to the
 - 2.1 Shoulder (including scapulo-humeral rhythm)
 - 2.2 Elbow and forearm
 - 2.3 Wrist and hand (including hand function and prehension)
 - 2.4 Hip
 - 2.5 Knee
 - 2.6 Ankle and Foot (including arches of the foot)
3. Posture (sitting; standing)
4. Ambulation/Walking (including gait analysis)

PATHOLOGY AND MICROBIOLOGY

1. Cell Injury and Cellular Adaptation

2. Inflammation (Acute and Chronic)
3. Healing and Repair
4. Fluid and Hemodynamic derangements
 - 4.1 Edema, hyperemia, congestion etc.
 - 4.2 Ischemia, thrombosis, embolism, infarction
5. Basic Microbiology
 - 5.1 Host-environ-pathogen relationship
 - 5.2 Immunology (immune response system; hypersensitivity reactions)
6. Neoplasia
7. Genetic Disorders
8. Musculoskeletal System pathology
 - 8.1 Myositis, myopathies etc.
 - 8.2 Fracture healing and repair; osteoporosis etc.

PSYCHIATRY: PSYCHOLOGICAL REACTIONS TO DISABILITY

1. Psychotic Disorders
2. Neurotic Disorders
3. Psychological Reactions to Disability
4. Common Issues: Death and Dying

MEDICAL AND SURGICAL CONDITIONS

1. Medical Conditions
 - 1.1 Rheumatic Conditions
 - 1.2 Diabetes Mellitus
 - 1.3 Hypertension
 - 1.4 Cardiac Diseases and Cardiac Rehabilitation
 - 1.5 Aging and Geriatric Rehabilitation
 - 1.6 Deleterious Effects of Inactivity
 - 1.7 Cancer and Cancer Rehabilitation
 - 1.8 Chronic Pain and its Rehabilitation
 - 1.9 Pulmonary Diseases (Chronic Obstructive and Restrictive) and Pulmonary Rehabilitation
 - 1.10 Infectious Conditions frequently encountered by the Allied Health Professional
 - 1.10.1 Tuberculosis
 - 1.10.2 Leprosy
 - 1.11 Performing Artists
 - 1.12 Acquired Immunodeficiency Syndrome
2. Pediatric Conditions
 - 2.1 Cerebral Palsy
 - 2.2 Limping Child
 - 2.2.1 Congenital Hip Dislocation
 - 2.2.2 Legg-Calve Perthes Disease
 - 2.3 Spinal Dysraphism
 - 2.4 Congenital Amputation
 - 2.5 Poliomyelitis
 - 2.6 Other Congenital deformities
3. Neurologic and Neurosurgical Conditions
 - 3.1 Cerebrovascular Disease
 - 3.2 Conditions of the Brain
 - 3.2.1 Neoplasm/Tumors
 - 3.2.2 Infections
 - 3.2.3 Degenerative (Parkinson's Disease)
 - 3.2.4 Demyelinating (Multiple Sclerosis)
 - 3.2.5 Traumatic Brain injury
 - 3.3 Spinal Cord Disorders
 - 3.3.1 Spinal Cord injury and its rehabilitation

- 3.3.2 Tumors
- 3.3.3 Infection (Pott's Disease, Transverse Myelitis)
- 3.4 Peripheral Nerve injuries (including Guillain-Barre Syndrome)
- 3.5 Motor Neuron Diseases (Poliomyelitis; Amyotrophic Lateral Sclerosis)
- 3.6 Myopathies (Ex. Duchenne Muscular Dystrophy)
- 4. Orthopedic Conditions
 - 4.1 Fractures
 - 4.1.1 Fracture Healing
 - 4.1.2 Types of Fracture
 - 4.1.3 General presentation of fractures
 - 4.2 Dislocations
 - 4.2.1 Mechanism and presentation
 - 4.3 Common Orthopedic Conditions seen by PT/OT
 - 4.3.1 Acquired hip dislocation and the rehabilitation of post-hip arthroplasty patients
 - 4.3.2 Supracondylar fracture
 - 4.3.3 Recurrent shoulder dislocation
 - 4.3.4 Fracture-dislocation of the spine
 - 4.4 Tendon/Nerve Transfer
 - 4.5 Soft Tissue injuries
 - 4.6 Deformities of the Spine/Extremities
 - 4.7.1 Scoliosis, kyphosis, lordosis, torticollis
 - 4.7.2 Deformities of the lower extremities (coxa vara/valga, genu varum/valgum, foot deformities etc.)
 - 4.8 Low back pain and Cervical pain
- 5. Surgical Conditions
 - 5.1 Peripheral Vascular Disease
 - 5.2 Amputations
 - 5.3 Wound Healing and Wound Care
 - 5.4 Burns and Burn Rehabilitation

ORTHOTICS AND PROSTHETICS

- 1. Basic Principles in Orthotics
 - 1.1 Classification and functions
 - 1.2 Mechanical principles
 - 1.3 Mechanical, anatomic, kinesiologic and technical considerations
 - 1.4 Materials used - advantage/disadvantage of each
 - 1.5 General indications and contraindications
 - 1.6 Limitations
 - 1.7 Pre-prosthetic and Post-prosthetic fitting
 - 1.8 Prescription
- 2. Orthotic Devices
 - 2.1 Cervical Orthosis
 - 2.2 Spinal Orthosis
 - 2.3 UE splints and orthosis
 - 2.4 LE orthosis and orthopedic shoes
- 3. Prosthetic Devices
 - 3.1 Components Above Flow Prosthesis
 - 3.2 Description Below Elbow Prosthesis
 - 3.3 Indications Above Knee Prosthesis
 - 3.4 Limitations Above Prosthesis
- 4. Assistive Devices (types, description, purpose, prescription, check-out, advantage/disadvantage, accessories)
 - 4.1 Canes, Crutches and Walkers
 - 4.2 Wheelchairs

5. Bandaging (purposes, types, techniques, indications, contraindications/precautions, care)
6. Taping (purposes, technique of application for all major joints, indications/contraindications)

THERAPEUTIC EXERCISE 1: PHYSIOLOGY OF EXERCISE, TYPES AND POSTURE

1. General Principles and Guidelines in Therapeutic Exercise
 - 1.1 Review of the anatomy and physiology of the neuro musculoskeletal system particularly joint anatomy and factors that affect muscle strength and the effects of exercise.
 - 1.2 Prescription of Therapeutic Exercise
 - 1.3 Terminology
 - 1.4 Fundamental and Derive Positions
2. Mobility exercises (passive/active-assistive/active range of motion exercises; mechanical)
3. Stretching (manual; mechanical; continuous passive)
4. Strengthening exercises
5. Endurance or Aerobic Exercise
6. Joint Mobilization Techniques
7. Relaxation Techniques

THERAPEUTIC EXERCISE 2: SPECIFIC EXERCISES AND PREŌS

1. Pulmophysiotherapy
2. Exercises for low Back Pain
3. Postural Exercises and Exercises for Various Deformities of the Spine (Scoliosis/Kyphosis/Torticollis)
4. Ambulation and Gait Training and Related Exercises
5. Exercises for Obstetric patients
6. Exercises for the Amputee
7. Transfer Techniques and Gait Training

THERAPEUTIC EXERCISE 3: ADVANCED THERAPEUTIC EXERCISE, PNF

1. Review of neurophysiology
2. Neurodevelopmental Techniques
 - 2.1 History
 - 2.2 Principles
 - 2.3 Components (Sensory elements, activities and patterns)
 - 2.4 Traditional vs. Eclectic Method
 - 2.5 Technique of Application (both traditional and eclectic methods, including PNF)
 - 2.6 Indications, Precautions, Limitations
 - 2.7 Evaluation and Monitoring
3. Exercise in
 - 3.1 Stroke
 - 3.2 Multiple Sclerosis
 - 3.3 Poliomyelitis
 - 3.4 Spinal Cord Injury
4. Coordination Exercises
5. Functional Movement Therapy

ELECTROTHERAPY

1. Production of Electricity and Related Principles of Current and Electricity (alternating vs. Direct Current, transformers, electric shock, electrostatic vs. Electromagnetic waves etc.)
2. High Frequency Current
 - 2.1 Production and Related Principles
 - 2.2 Biophysical affects of radiation
 - 2.3 Review of the effects of heat

- 2.3.1 superficial vs. deep heating
- 2.3.2 comparison of the different methods of heat transfer
- 2.4 Short wave diathermy (production, description, effects, uses, indications/contraindications, advantages/disadvantages, technique of application, care of apparatus, monitoring and evaluation of patient, prescription)
- 2.5 Microwave diathermy (production, description, effects, uses, indications/contraindications, advantages/disadvantages, technique of application, care of apparatus, monitoring and evaluation of patient, prescription)
- 2.6 Ultrasound (production, description, effects, uses, indications/contraindications, advantages/disadvantages, technique of application, care of apparatus, monitoring and evaluation of patient, prescription)
- 3. Infrared Radiation (production, description, effects, uses, indications/contraindications, advantages/disadvantages, technique of application, care of apparatus, monitoring and evaluation of patient, prescription)
- 4. Ultraviolet radiation (production, description, effects, uses, indications/contraindications, advantages/disadvantages, technique of application, care of apparatus, monitoring and evaluation of patient, prescription)
- 5. Direct Current (Galvanism, Iotophoresis)
- 6. Low frequency Current (Sinusoidal, Farradism and other types of low frequency current)
- 7. Medium Frequency Current (TENS, Interferrential, Therapy, Micocurrent)
- 8. Others (Laser, Biofeedback etc.)

PT 3: PHYSICAL THERAPY EVALUATION

- 1. History Taking and Charting
- 2. Making a Problem list and prioritizing
- 3. Treatment and Discharge Planning
- 4. Progress Notes
- 5. Goniometry
- 6. Manual Muscle Testing
- 7. Special Tests

PT 1: HYDROTHERAPY AND INTRODUCTION TO PATIENT CARE

- 1. Hydrotherapy
 - 1.1 Related principles
 - 1.2 Indications/contraindications, advantages/disadvantages
 - 1.3 Techniques of application (whirlpool, pool therapy etc.)
- 2. Superficial Heating
 - 2.1 Physiologic effects of heat (local and general)
 - 2.2 General indications/contraindication
 - 2.3 Types of superficial heating modalities and the description, indication/contraindication, prescription and technique of application for each)
 - 2.3.1 Hot packs/fomentations etc.
 - 2.3.2 Paraffin wax bath
- 3. Cold Therapy
 - 3.1 Physiologic effects of cold (local and general)
 - 3.2 General indications/contraindications
 - 3.3 Types of cold modalities and the description, indication/contraindication, prescription and technique of application for each)
 - 2.3.1 Hot packs/fomentation etc.
 - 2.3.2 Peraffin wax bath
- 4. Massage (Principles, Effects, Indications/Contraindications, Limitations, Technique of Application, Precautions, Types of)
- 5. Traction (Principles, Effects, Indications/Contraindications, Limitations, Technique of Application, Precautions, Types of - - - with emphasis on cervical and lumbar traction)
- 6. Manipulation (Principles, Effects, Indications/Contraindications, Limitations, Technique of Application, Precautions, Types of)

ETHICS

1. Philippine Code of Ethics
2. American Code of Ethics

ORGANIZATION AND ADMINISTRATION

1. Principles in Planning and Management
2. Designing a PT Clinic (architectural requirements, specifications)

COMPREHENSIVE PT MANAGEMENT: SEMINAR

Integration of the medical and PT subjects. Emphasis is placed on Treatment Planning of all clinical conditions listed under, particularly:

1. Assessment of clinical case
2. Making and prioritizing the problem list
3. Goal setting (long and short term goals)
4. Prescription of the PT program
5. Discharge planning
6. Designing a home program

CLINICAL EDUCATION: INTRODUCTION TO CLINICS

Basically the same as Seminar, in that this is more of an integration of all subjects learned emphasizing on clinical application in preparation for internship. It is recommended that questions on both these aspects are analytical. Unlike Seminar, in Clinical Education equal emphasis is placed on techniques of evaluation, history taking and the ethical practices and attitude of the PT student to patients.

The Occupational Therapy Licensure Examination Syllabus

Purpose of the Document

The Board examination for the practice of occupational therapy in the Philippines is designed to assess the entry level competence of graduates of occupational therapy educational programmers in the country. It measures the minimum level of competence which are required of occupational therapy graduates to ensure that standards of occupational therapy practice are maintained. For this purpose, principles of validity and reliability in writing and conducting examinations are observed and documented.

1. Basic Sciences
 - a. Occupational Therapy Part
 - b. Medical Practitioner/Physicians Part
2. Theory and Application of Occupational Therapy
3. Clinical Practice-Fieldwork Experience
 - 1.1 Basic Sciences The following subjects shall be included:
 - Pre-clinical Anatomy and Physiology
 - Psychology and Sociology
 - Kinesiology and Ergonomics
 - Work Study
 - Social and Industrial
 - Legislation
 - Clinical Medical conditions
 - Surgical conditions
 - Psychiatric conditions including mental handicap

The emphasis of the clinical aspect should relate to the health problems experienced in the country.

- 1.2 Theory and Application of Occupational Therapy The following subjects shall be included:

1.2.1 Theory of Occupational Therapy

a. Survey of Occupational Therapy Philosophy, history and scope of practice Major Theories and Models of Practice Ethics and etiquette of practice The function of the multidisciplinary team National and International agencies concerned with rehabilitation

b. Professional Procedure Methods of – assessment both physical and psychological

- problem solving
- implementing treatment
- grading treatment
- using activities in treatment
- evaluating the effectiveness of treatment
- maintaining function
- community development
- research

Resolution No. 08 Series of 1998

WHEREAS, Section 17 of R.A. No. 5680 known as the Philippine Physical and Occupational Therapy Law, requires examinees who still failed in the third re-examination to undertake a prescribed course of study and to show proof of the completion of such course before he/she will be admitted to the fourth examination.

WHEREAS, in view of the increasing number of three-time unsuccessful examinees in the Physical Therapy and Occupational Therapy licensure examinations, the Board recognizes the need to prescribe the required course of study.

WHEREAS, the Board, on the basis of the assistance extended by the Faculty of the Department of Occupational Therapy, College of Allied Medical Professions, University of the Philippines, Manila and the Faculty of the Institute of Physical Therapy, University of Sto. Tomas, and the consultation with the academe, through the Association of Philippine Physical and Occupational Therapy Schools (APPTOTS), the officers of the Philippine Physical Therapy Association (PPTA) and the Occupational Therapy Association of the Philippines (OTAP) and the consultative meetings with the Commission on Higher Education (CHED), prepared a course of study which shall be undertaken and completed by three-time flunkers in the Physical Therapy or Occupational Therapy licensure examinations before they will be admitted to their fourth examination.

WHEREFORE, the Board RESOLVED, as it hereby RESOLVES, to adopt the “Courses of Study” appended hereto as Annexes “A” and “B” and made integral parts of this Resolution which is hereby prescribes for three-time flunkers in the Physical Therapy and Occupational Therapy licensure examinations to take and complete before they will be admitted for their fourth examination in accordance with the following guidelines:

1. The course of study shall be offered and operated/administered by a school, college or university whose courses in Physical Therapy and Occupational Therapy are duly recognized or accredited by the Commission on Higher Education (CHED).

2. The schools, colleges or universities that will offer and operate/administer the said courses shall obtain from the Board of Physical Therapy and Occupational Therapy a certificate of accreditation of such courses after submitting authenticated copies of the accreditation of their courses in the Physical Therapy and Occupational Therapy by the CHED and upon payment of the prescribed fees.

3. Upon completion of the course, the school/college/university shall issue a certificate of completion of the course to the 3-time flunkers, the said certificate, with the seal of the

school/college affixed thereto, shall bear the signature of the Dean or Head of the school/college of Physical Therapy and Occupational Therapy of the educational institution.

4. The 3-time flunker shall file an application for the licensure examination with the authenticated copy of the said certificate attached thereto not later than twenty (20) days prior to the first day of the said examination.

5. The 3-time flunker who took and completed the course shall be entitled to the use of his/her certificate of completion only for three (3) examinations; thereafter, he/she shall be required to submit a new certificate issued upon completion of the prescribed course of study.

6. If a certificate of completion of the course of study submitted by an examinee is found to have been issued or obtained fraudulently, the applicant shall not be allowed to take the examination or if he/she has already taken, the examination papers of the examinee shall be cancelled or if the certificate of registration has already been issued, the said certificate shall be revoked, without prejudice to the institution of criminal action against the 3-time flunker and/or the employee/official of the institution issuing the certificate.

7. The school/college/university offering and operating/administering the course of study shall submit to the Board of Physical Therapy and Occupational Therapy, a report containing the names of the 3-time flunkers who have taken and completed the course and been issued the certificate of completion, the inclusive dates the course was taken and completed and such other information as may be required by the Board.

This Resolution shall take effect after fifteen (15) days from its publication in the Official Gazette or newspaper of general circulation, whichever comes earlier.

Let copies of this Resolution be furnished to all Presidents, Administrators or Heads of all schools, colleges or universities offering the course in Physical Therapy and Occupational Therapy for dissemination to their students and graduates and to the Commission on Higher Education for information.

Done in the City of Manila this 29th day of October 1998.

TERESITA JOY P. EVANGELISTA, PTRP, MD
Chairman

AIDA AGNES Q. ESTRADA, OTRP
Member

RAUL G. AGUSTIN, PTRP
Member

MA. MERCEDES S. CALUAG, PTRP
Member

ATTESTED:

CARLOS G. ALMELOR
Secretary
Professional Regulatory Boards

APPROVED:

HERMOGENES P. POBRE
Commission Chairman

ALFONSO G. ABAD
Associate Commissioner

AVELINA DE LA REA-TAN
Associate Commissioner

Annex A

COURSE OF STUDY OUTLINE FOR PHYSICAL THERAPY

1. PRETEST	24 Hours
Anatomy, Kinesiology and Physiology Pretest	4
Discussion of Anatomy, Kinesiology and Physiology Pretest	4
General Medical and Surgical Conditions Pretest	4
Discussion of General Medical and Surgical Conditions Pretest	4
Physical Therapy Applications Pretest	4
Discussion of Physical Therapy Application Pretest	4
II. ANATOMY, KINESIOLOGY AND PHYSIOLOGY	224 Hours
Basic anatomy and Kinesiology	8
Head, Face and Neck Anatomy	12
Trunk and Pelvis Anatomy	12
Trunk and Pelvis Kinesiology	16
Upper Extremity Anatomy	20
Upper Extremity Kinesiology	20
Lower Extremity Anatomy	20
Upper Extremity Kinesiology	20
Neuroanatomy	32
Gait	8
Cell and General Physiology	8
Nerve and Muscle Physiology	8
Cardiac Physiology	12
Pulmonary Physiology	8
Sports Physiology	8
Renal Physiology	8
III GENERAL MEDICAL AND SURGICAL CONDITIONS	180 Hours
Basic Pathology	16
Musculoskeletal Conditions - including sports PT	52
Neurological Conditions	52
Rheumatologic and Geriatric Conditions	16
Cardiac Conditions	8
Psychiatry	8
Pharmacology	4
Pediatric conditions	4
Cancer, HIV and Other Conditions	8
IV. PHYSICAL THERAPY APPLICATIONS	104 Hours
Therapeutic exercises	32
Test and Measurements	24
Hydrotherapy	8
Electrotherapy	16
Neurodevelopmental Techniques	8
Ethics, Organization and Administration	4
Human Growth and Development	4
Orthotics and Prosthetics	8
V. REVIEW OF PAST EXAMS	40 Hours
VI. TESTMANSHIP/TESTWISENESS	4 Hours
VII. MOCK EXAMS	12 Hours

Anatomy, Kinesiology and Physiology	4
General Medical and Surgical Conditions	4
Physical Therapy Applications	4

TOTAL **588 Hours**

Annex B

Course of Study Outline For Occupational Therapy

1. General OT Knowledge (25%) 144 hours=18 days (8hrs/day)

- A. Medical and OT terminology
 - 1. Medical terms and abbreviations
 - 2. Uniform OT terminology
- B. Human Development
 - 1. Principles of growth and development
 - 2. Theories of human development
 - 3. Factors affecting human development
 - 4. Stages of development
 - a. conception to pregnancy
 - b. infancy
 - c. early childhood
 - d. middle childhood
 - e. late childhood
 - f. puberty and adolescence
 - g. early, middle and late childhood
 - 5. Typical patterns of development of the different stages in the following areas
 - a. motor
 - b. emotional
 - c. cognitive and perceptual
 - d. speech and language
 - e. self-help skills
 - f. moral
 - g. work related skills
 - 6. development tasks and needs
- C. Human behavior in OT
 - 1. Personality theories
 - 2. Social psychology theories
 - 3. Learning theories
 - 4. Group dynamics
- D. OT Concepts
 - 1. Areas of occupational performance
 - 2. Treatment models and its components
 - 3. Frames of reference and its components
 - 4. Roles and functions of OT in different areas of practice
 - 5. Tools of OT
 - a. human and non-human environment
 - b. use of self, groups and activities
 - c. activity analysis and activity adaptation
 - d. teaching-learning process
 - 6. Value of activities in OT
 - E. History of OT in the Philippines
 - 1. Pioneers of OT

2. Significant events
3. OT association

II. Assessment, Planning and Implementation, Evaluating Plan, Documentation and Discharge Planning (60%) 352 Hours =44 days

When addressing these topic areas, focus only on common PHYSICAL, PSYCHOSOCIAL and PEDIATRIC problems encountered in practice in the Philippines. Physical Dysfunction 15 days Psychosocial Dysfunction 14 days Pediatrics 15 days

A. Assessment

1. Purpose
2. Sources of information
3. Performance components
4. Procedures
5. Common instruments and standardized tests
6. Criteria in selecting instruments and procedures
7. Use of frames of reference in assessment
8. Problem identification and prioritization
9. Document of results
10. Patient-therapist interaction during assessment
11. Use of aseptic procedures assessment

B. Planning

1. Functions and components
2. Elements of a goal
3. Writing long-term and short-term goals
4. Selection and grading of activities
5. Activity analysis
6. Writing plans
7. Precautions
8. Collaboration with patient and family

C. Implementing

1. Use of various treatment media
 - a. assistive devices
 - b. adaptive equipment
 - c. orthotic devices
 - d. behavior management
 - e. teaching activities
 - f. ADL/Instrumental ADL
 - g. Arts and crafts
 - h. Sensory integration
 - i. neurodevelopmental treatment approach (NDT)
 - j. Perceptual-motor training
 - k. Techniques to facilitate/inhibit oral motor tone
 - l. Techniques to develop/facilitate oral motor control
 - m. Developmental skills training
 - n. Group dynamics
 - o. Education treatment
 - p. Cognitive training
 - q. Work hardening and functional capacity evaluation
 - r. Job analysis
 - s. Work simplification and joint conservative techniques
 - t. Community placement/integration
 - u. Social skills training
 - v. Stress management
 - w. Counseling
 - x. Others

2. Appropriate use of techniques

- a. preparatory activities

- b. proper positioning of patient and therapist
 - c. precautions and aseptic procedures during therapy
 - d. giving of correct instructions to patient and family
 - 3. Patient-therapist interaction
 - a. establishing rapport with patient/family
 - b. explaining procedure to patient and family/caregiver
 - c. giving home instructions
 - d. terminating session correctly
 - e. answering patient's questions
- D. Re-evaluation plan
 - 1. Functions of re-evaluation
 - 2. Criteria of assessing effectiveness of plan
 - 3. Revising treatment plan
- E. Documentation
 - 1. Purpose
 - 2. Criteria for good documentation
 - 3. Types of document
 - 4. Use of different formats
 - 5. Essential elements and contents
- F. Discharge Planning
 - 1. Criteria for discharge
 - 2. Referral/coordination with other health professional/agencies
 - 3. Evaluation procedures before discharge
 - 4. Follow-up procedures
- III. Organization and Management, Research and Ethics (15%) 88 Hours=11 days**
 - A. Organization and Management
 - 1. Applying the functions of management to OT practice
 - a. planning
 - b. organization
 - c. directing
 - d. controlling
 - 2. Steps in planning, organizing, directing and controlling in OT practice
 - 3. Relating the different management functions
 - B. Research
 - 1. Selection of a research problem
 - 2. Review of Literature
 - 3. Methodology
 - a. Research design
 - b. Sampling techniques
 - c. Data collection instruments
 - d. Statistics and variables
 - 4. Analysis and report writing
 - 5. Research ethics
 - C. Ethics
 - 1. Issues
 - a. confidentiality
 - b. informed consent
 - c. scarcity of resource
 - d. autonomy
 - e. respect
 - 2. Therapist-patient relationship
 - 3. Therapist's relationship with other health professionals
 - 4. Professional code of ethics