

Practical Component: Sample Outlines (these are samples only, not mandated)

General Practicum – 10 Topics (Minimum 10 hours)		Enhanced Practicum – 16 Topics (Minimum 16 hours)	
<i>For each session the following should be discussed: Anatomy involved; Assessment protocol; Treatment Protocol for each region; Remedial Exercise and Hydrotherapy for each region.</i>			
1. General Treatment Principles	<ul style="list-style-type: none"> • Sprains/Strains • Tendinitis/Tenosynovitis • Acute/Sub Acute/Chronic 	1. General Treatment Principles	<ul style="list-style-type: none"> • Sprains/Strains • Tendinitis/Tenosynovitis • Acute / Sub Acute / Chronic • Trigger Point Therapy protocol
2. Remedial Exercise Definition	<ul style="list-style-type: none"> • Stretching – PROM/ AROM etc. • Strengthening – (Isometric, Isotonic, etc.) • Proprioceptive Neuromuscular Facilitation (PNF) 	2. General Treatment Principles	<ul style="list-style-type: none"> • Muscle Cramps / Spasms • Nerve Compression • Peripheral Joint Mobilization • Friction Therapy protocol
3. Principles of Pain Management, Stress Management and Relaxation	<ul style="list-style-type: none"> • Use case study approach to treatment planning 	3. Principles of Pain Management, Stress Management and Relaxation	<ul style="list-style-type: none"> • Use case study approach to treatment planning
4. Shoulder Treatments / Elbow / Wrist	In sessions 4 - 9, randomly select the assessment and treatment of any chosen condition(s). Treat according to whether or not the student is a candidate for the OSCE or re-entering into practice.	4. Remedial Exercise Definition	<ul style="list-style-type: none"> • Stretching – PROM/ AROM etc. • Strengthening – (Isometric, Isotonic etc.)
5. Postural Conditions		5. Remedial Principles	<ul style="list-style-type: none"> • Peripheral Joint Mobilization • Proprioceptive Neuromuscular Facilitation PNF)
6. Cervical Spine Conditions		6. Shoulder Treatments/Elbow/ Wrist	In sessions 6-15, selection of assessment and treatment of any chosen condition(s). Treat according to whether or not the student is a candidate for the OSCE or re-entering into practice
7. Hip/Knee/Ankle		7. Cervical Spine Conditions	
8. Neurological Conditions (PNS-CNS)		8. Postural Conditions	
9. Respiratory/Arthritic Conditions		9. Hip	
10.Sensitive Area Massage		Breasts, inner thigh, buttocks, abdominal, intraoral	
		11.Knee/Ankle	
		12.Arthritides	
		13.Neurological – CNS	
		14.Neurological – PNS	
		15.Respiratory Conditions	
		16.Sensitive Area Massage	<ul style="list-style-type: none"> • Breasts, inner thigh, buttocks, abdominal, intraoral