

OCTA 220

Analysis of Therapeutic Activities

5 Credits

Community College of Baltimore County

Common Course Outline

Description

OCTA 220 – Analysis of Therapeutic Activities: introduces students to the principles and techniques required to identify and analyze motor movement in relation to the performance areas of occupation. Students distinguish the osteology of the upper and lower extremities, synergy patterns, the musculoskeletal system, agonist/antagonist muscle groups, innervation of the upper extremity, manual muscle testing, goniometry, and sensory examination. Through use of activity analysis based on the Practice Framework, students develop interventions to address the performance areas of occupation.

Pre-requisites: Admission into the Occupational Therapy Assistant Program

Co-requisites: OCTA 201 and OCTA 221

Overall Course Objectives

Upon completion of this course, students will be able to:

1. locate anatomical landmarks of the body;
2. identify bones of the upper extremity, spine, and lower extremity;
3. demonstrate movements of the upper and lower extremity;
4. identify the origin, insertion, action, and innervation of muscles of the body;
5. discuss concepts of prime movers, agonists, and antagonists;
6. demonstrate accurate use of goniometer, dynamometer, and pinch gauge;
7. identify the various types of hand grasps;
8. demonstrate accurate assessment of gross manual muscle strength;
9. articulate the difference between activity, occupation, and purposeful activity;
10. explain how activity analysis fits into the occupational therapy practice framework;
11. analyze the occupations of a patient/client in relation to performance skills, context, activity demands, and client factors;
12. explain the application of the activity analysis in real world practice;
13. apply the skills of an emerging culturally competent occupational therapy practitioner to the activity analysis and treatment plans;
14. determine the motivational factors that impede or facilitate a patient's/client's compliance with treatment;
15. implement the principles of grading and adapting a treatment activity with awareness of patient/client safety including, but not limited to use of tools and materials;
16. introduce positioning concepts and seating devices to support activities of daily living and mobility in the community;
17. discuss the use of orthotics in the support of occupations;
18. demonstrate introductory leadership and presentation skills; and

19. recognize the use of superficial, thermal, deep, mechanical, and other physical agent modalities as a preparatory measure.

Major Topics

- I. Terminology
 - a. Anatomical position
 - b. Functional position
 - c. Motions of the upper and lower extremities
 - d. Biomechanical approach
- II. Surface anatomy
 - a. Upper extremity
 - b. Lower extremity
 - c. Trunk
- III. Shoulder complex
 - a. Bones of the shoulder girdle and glenohumeral joint
 - b. Joints and movements
 - c. Muscle origins, insertions, and innervations
- IV. Elbow/radial-ulnar joint
 - a. Bones
 - b. Joints and movements
 - c. Muscle origins, insertions, and innervation
 - d. Introduction to splinting and orthotics
 - e. Introduction to physical agent modalities
- V. Wrist and hand
 - a. Bones
 - b. Joints and movement
 - c. Muscle origins, insertions, and innervation
 - d. Review of the various hand grasps
- VI. Lower extremity
 - a. Bones
 - b. Joints and movements
 - c. Muscle origins, insertions, and innervation
 - d. Weight bearing and balance concerns
- VII. Activity analysis and occupational therapy practice framework
 - a. Definition of terms on the activity analysis
 - b. Cultural context when considering the patient/client
 - c. Applying the activity analysis to various occupations
- VIII. Principles of grading and adapting
 - a. Adaptive equipment used for activities of daily living
 - b. Motor skills
 - c. Cognitive skills
 - d. Social skills
- IX. Practicing as a culturally competent practitioner
 - a. Impact of culture on patient's/client's roles and occupations
 - b. Influence of culture on how illness, disease, and disability are perceived
 - c. Principles of a culturally competent occupational therapy practitioner

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- three activity analyses
- three lecture tests
- midterm exam based on lecture materials
- three lab tests
- final exam based on lecture materials

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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