

Rehabilitation and Modalities

Curriculum Overview

Designed for:

- High school students
- Post-secondary students in health occupations courses
- Certified Athletic Trainer courses

Length:

The activities in this curriculum will last approximately 10-15 hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:

To help participants learn the basic principles of rehabilitation and modalities for acute injuries. Students will also be introduced to various careers within the field of rehabilitation.

Synopsis:

This curriculum introduces participants to various modalities used in treatment and rehabilitation of injuries. Participants will learn about the safety precautions and guidelines associated with the use of therapeutic modalities. They will be introduced to the rehabilitation process and be able to describe the 5 phases of rehabilitation. Additionally, participants will learn the basics of creating a treatment plan for an acute injury and will have the opportunity to create a plan for a specific injury. They will familiarize themselves with various careers within the rehabilitation field. They will also learn about the Athlete's Circle of Care and what professionals make up the circle of care.

Curriculum Components:

- Teacher's guide – Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Scenario guide
- Assessment tools
- PowerPoint presentation slides

Learning Objectives:

Lesson One – Understanding Rehabilitation Modalities

- Understand what a modality is and the general purposes of modalities
- List the basic types of modalities

Lesson Two – Safety Procedures for Modalities

- Understand the clinical indications for the use of cryotherapy and experience each stage of cryotherapy
- Understand the general guidelines and safety procedures for each modality
- Demonstrate cause and effect of improper treatment prep when using modalities

Lesson Three – Five Phases of Rehabilitation

- Understand the clinical indications and demonstrate the ability to apply moist heat pack treatments safely
- Understand and be able to describe the phases of rehabilitation
- Create a rehab program based on the phases of rehabilitation

Lesson Four – Creating First Aid Treatment Plans for Acute Injuries

- Understand the basic setup for EMS/TENS
- Understand the basics of acute injury treatment
- Create a treatment plan for the acute phase of a specific injury

Lesson Five – Career Exploration: The Role of Various Rehabilitation Professionals

- Understand and explain the individuals that make up an athlete's circle of care
- Identify different careers within the field of rehabilitation
- Explain a rehabilitation career that they are personally interested in working in

Lesson Six – Assessment and Application: Acute Injury Scenarios

- Identify the appropriate modality to use based on the scenario
- Create a treatment plan for a sports injury based on knowledge of modalities