

[Physical Therapy] - Study Guide

Official Event Guidelines:

[<https://hosa.org/wp-content/uploads/2024/08/24-25-PT-Final.docx-2.pdf>]

Resources

Official References	● Official Textbooks: https://www.cengage.com/c/dho-health-science-9e-simmers/9780357419991PF/ - https://shop.elsevier.com/books/introduction-to-physical-therapy/pagliarulo/978-0-323-67348-8 ● Website: - https://www.apta.org/PTMovesMe
Articles	● https://www.merckmanuals.com/home/fundamentals/rehabilitation/physical-therapy-pt (Manual with basic rehabilitation) ● https://www.apta.org/your-career/careers-in-physical-therapy/pt-moves-me/physical-therapy-overview-for-high-school-and-early-college-students (APTA's guide on physical therapy, basic info: good for deciding if you want to do the event) ● https://hosa.org/wp-content/uploads/2024/09/Judge-Feedback-PT.pdf (important things to focus on) ●
Videos	● https://www.apta.org/PTMovesMe (At the bottom of the website, there is a list of videos demonstrating all the skills you need for the event)

	very important) ● https://www.youtube.com/watch?v=_E1KUaQb9-I&list=PLiHwFCv0UrsEftSX-yLYoM9U2xbu30QP (Similar to APTA's videos except possibly easier to understand)
Podcasts	● APTA's official podcasts https://www.apta.org/apta-and-you/news-publications/podcasts (Apple Podcasts, Google Play, Spotify, & directly on the website! I think the academy focus ones are most useful)
Study Sets	● https://quizlet.com/106847417/physical-therapy-hosa-flash-cards/ (260 terms, you don't have to remember all, just a general idea of most) ● https://quizlet.com/60796751/physical-therapy-hosa-flash-cards/ (201 terms) ●

A breakdown of how much of each category you should know:

Round 1:

5. **Written Test Plan**

The test plan for Physical Therapy is:

- Profession of PT - 14%
- Legal and Ethical Considerations - 10%
- Physical Therapy for Musculoskeletal Conditions - 16%
- Physical Therapy for Neuromuscular Conditions - 16%
- Physical Therapy for Cardiopulmonary Conditions - 14%
- Physical Therapy for Integumentary Conditions - 14%
- Physical Therapy for Pediatrics and Older Adults - 16%

Round 2:

Skill I:	Ambulating with a Transfer (Gait) Belt	5 minutes
Skill II:	Ambulating with a Walker	9 minutes
Skill III:	Ambulating with a Cane	8 minutes
Skill IV:	Ambulating with Crutches	7 minutes
Skill V:	Passive Range of Motion	10 minutes
Skill VI:	Cold Application with Ice Bag	6 minutes
Skill VII:	Transfer from Supine to Sitting Position	5 minutes
Skill VIII:	Donning & Removing Transmission-Based Isolation Garments	5 minutes

Proposed Study Calendar

-Textbook study sessions should be from 30 minutes to an hour, highly recommended to review often between days.

-Practice on Quizlet or other flashcards, if multiple people are doing the event, quiz each other with the flashcards

-Practice skills with other people, watching the videos and reading the guidelines is NOT enough

-Ask Ms Watts for the materials needed to complete the skills. Each skill should be practiced 10 or more times.

-Have someone watch you and check off the guidelines while performing the skills, you should be aiming for most if not all of the points.

-Always prioritize school over HOSA competitions! Don't be too hard on yourself

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Professions of PT (14%)	2
3	4 Professions of PT (14%)	5	6 Professions of PT (14%)	7	8 Professions of PT (14%)	9
10	11 Legal & Ethical (10%)	12	13 Legal & Ethical (10%)	14	15 Legal & Ethical (10%)	16
17	18 Musculosk eletal (16%)	19	20 Musculosk eletal (16%)	21	22 Musculosk eletal (16%)	23

24	25 Musculoskeletal (16%)	26	27 Musculoskeletal (16%)	28	29 Neuromuscular (16%)	30
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December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Neuromuscular (16%)	3	4 Neuromuscular (16%)	5	6 Neuromuscular (16%)	7
8	9 Neuromuscular (16%)	10	11 Cardiopulmonary (14%)	12	13 Cardiopulmonary (14%)	14
15	16 Cardiopulmonary (14%)	17	18 Cardiopulmonary (14%)	19	20 Integumentary (14%)	21
22	23 Integumentary (14%)	24	25 Integumentary (14%)	26	27 Integumentary (14%)	28
29	30 Pediatric + older (16%)	31				

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pediatric + older (16%)	2	3 Pediatric + older (16%)	4
5	6 Pediatric + older (16%)	7	8 Pediatric + older (16%)	9	10 Review Professions of PT	11
12	13 Review Legal & Ethical	14	15 Review Musculosk eletal	16	17 Review Neuromusc ular	18
19	20 Review Cardiopul monary	21	22 Review Integument ary	23	24 Review Pediatric + older	25
26	27 <u>Overall review</u>	28	29 <u>Overall review</u>	30	31 <u>Overall review</u>	

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Test window (Review)	4 Test window (Review)	5 Test window (Review)	6 Test window (Review)	7 Test window (Review)	8
9	10 Test window (Review)	11 Test window (Review)	12 Test window (Review)	13 Test window (Review)	14 Test window (Review)	15

16	17 Watch APTA's skill videos	18	19 Practice Ambulating with a Transfer (Gait) Belt	20	21 Practice Ambulating with a walker	22
23	24 Practice ambulating with a cane	25	26 Practice ambulating with crutches	27	28 Practice passive range of motion	

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Practice cold application of ice pack	4	5 Practice transfer from supine to sitting	6	7 Practice Donning & Removing Transmission-Based Isolation Garments	8
9	10 Practice all	11 SLC	12 SLC	13 SLC	14 Freedom	15
16	17	18	19	20	21	22
23	24	25	26	27	28	