



# University of St. Augustine for Health Sciences

*Institute of Occupational Therapy*

## Seminar Description

### Physical Agent Modalities for Occupational Therapists and Occupational Therapy Assistants

**Tuition:** \$325

**Hours:** 12 or 1.2 CEUs

**Prerequisite:** None

**Who Attends:** Occupational Therapists and Occupational Therapy Assistants

#### Seminar Description:

Physical Agent Modalities (PAM's) for Occupational Therapists and Occupational Therapy Assistants is designed as an introductory course to educate occupational therapy practitioners in the use of physical agents in the areas of electrotherapy and ultrasound. The physical principles and biophysical effects of cryotherapy, heat, ultrasound and electrical currents are presented as they are related to the treatment for indicated pathological conditions. Emphasis is placed on principles of differential diagnosis in the selection and application of appropriate physical agents. The course will prepare the participant in the theory and clinical application of ultrasound, iontophoresis, transcutaneous electrical nerve stimulation (TENS) and neuromuscular electrical nerve stimulation (NMES). Additional topics included are: the use of PAM's within the Occupational Therapy Framework with review of AOTA's 2003 position paper on PAM's and the Florida statute requirements for occupational therapist. This physical agents modalities course was designed by an occupational therapist for occupational therapists. Course presentation will include lectures, laboratory sessions and problem based learning via case studies.

#### Learning Outcomes:

At the completion of this seminar the attendee should be able to:

- Describe how physical agent modalities fits within the Occupational Therapy framework and identify their certification responsibilities within the state of Florida.
- Describe the physical principles of temperature, sound and electricity and their biological effects on the human body.
- Describe the relationship between the stages of wound healing, pain theories and modality selection.
- Identify indications for the use of electrotherapy and ultrasound modalities within the Occupational Therapy framework.
- Demonstrate appropriate selection and application of electrotherapy and ultrasound modalities as it relates to occupational therapy treatment.
- Identify instrumentation of the modalities presented and demonstrate appropriate selection of settings.
- Identify components of appropriate documentation for ultrasound and electrotherapy devices.
- Identify precautions and contraindications for ultrasound and electrotherapy devices.
- Immediately integrate the information presented into their clinical practice within the SCOPE OF THE FLORIDA STATE LICENSURE LAW FOR OCCUPATIONAL THERAPIST.

DAY ONE	DAY TWO
9:00 - 10:00 Seminar Begins Physical Agent Modalities and Occupational Therapy	9:00 - 10:00 Electrotherapy Basics Continued
<b>10:00 - 10:15 AM BREAK</b>	<b>10:00 - 10:15 AM BREAK</b>
10:15 - 11:00 Wound Healing Stages 11:00 - 11:30 Pain 11:30 - 12:15 Heat versus Cryotherapy Deep versus Superficial Heat	10:15 - 11:00 TENS 11:00 - 12:00 TENS Lab
<b>12:15 - 1:15 PM LUNCH</b>	<b>12:00 - 1:00 PM LUNCH</b>
1:15 - 2:15 Ultrasound 2:15 - 3:15 Ultrasound Lab	1:00 - 2:00 NMES 2:00 - 3:15 NMES Lab Case Studies
<b>3:15 - 3:30 PM BREAK</b>	
3:30 - 4:30 Introduction to Electrotherapy Iontophoresis 4:30 - 5:30 Iontophoresis Lab	

## **Tammy LeSage, MOT, OTR/ L, CHT**

BS               Judson College  
MOT             Texas Women's University  
CHT             Hand Therapy Certification Commission, Inc.

Tammy, a certified hand therapist, has over 14 years of clinical experience with hand and upper extremity pathologies. She received her MOT degree from Texas Woman's University in 1983 and holds an undergraduate degree in Biology from Judson College. Previously she has held hand therapy clinical positions at the University of Alabama Birmingham in Birmingham, Alabama and the Jewett Orthopedic Clinic in Orlando, Florida. Because of her passion for hand therapy and sharing of knowledge with others, Tammy pursued a teaching career and began instructing hand therapy workshops in 1996.

Currently she is employed as an Assistant Professor at the University of St. Augustine for Health Sciences where she teaches Fundamentals of Orthopedics for Occupational Therapy, Orthotics and Prosthetics, and Physical Agent Modalities for Occupational Therapy.