

Indian Hills Community College
Observation Hours Substitution Videos

View the following videos on youtube and answer the questions associated with them – turn the answers into the **Program Director, Caroline Peyrone at caroline.peyrone@indianhills.edu:**

Ankle Sprain:

<https://www.youtube.com/watch?v=hEmLp6iQB7M>

- What did they mean by Weight bearing as tolerated?
- What does PRICE stand for?
- What is the purpose of doing the alphabet exercises?
- Why should you try to walk normally?
- Which exercise did they do that works the medial and lateral muscles of the ankle?
- Which exercise looks like it challenges the patient's balance?

ACL Repair:

<https://www.youtube.com/watch?v=uPSxluodIcM>

- Why is the patient moving his leg back and forth on the mat in stage I?
- Why does the therapist exercise the patient's hip?
- Why does the patient need to wear a knee brace?
- How much time is the patient going to need to exercise at home during stage II?
- What is the most common way to injure the ACL?
- When can the patient start jumping?
- Pain is common in what part of the knee after this surgery?

Shoulder Impingement:

<https://www.youtube.com/watch?v=fpqMU88DfyE>

- What can impingement cause?
- If you are standing with proper posture, which direction should your thumbs be pointing?
- What is the purpose of the exercise where the therapist lays on his back on the roller?
- What is the purpose of the “y exercise”?
- What is the purpose of having a towel roll under your arm when doing external rotation?
- When the therapist uses the blue tubing, which position is most difficult?

Sciatica:

<https://www.youtube.com/watch?v=Jrp1b7FnSqs>

What are some places that could hurt if you have sciatic pain?

When you prop yourself on your elbows, what should happen to your pain?

Why might the sciatic nerve be tightening down?

When doing the nerve glide, what position makes it pull more?

<https://www.youtube.com/watch?v=BMBwiha6wOQ>

What are two things to avoid when you have a herniated disk or sciatica?

For the next set of videos, go to:

<https://videos.icelearningcenter.com/indianhillscommunitycollegeoffcampus>

Password: **Icevideo1**

Pediatrics:

Watch: peds mat activity – supine to sit and watch peds mat activity: sit to stand.

- In the Supine to sit activity – where do you think the child is weakest?

In sit to stand:

- Why does the therapist put her feet on either side of the patient's feet?
- Which muscles do you think are weak in this patient that would prevent her from standing?
- Why do you think the therapist and the patient's father are trying to get the patient to lock her knees out?

Multiple Sclerosis:

Problems observed in the home part 2-

- What problem is very common for people with MS?
- What is one pro and one con of the patient using a stool to do her art work?
- Why is she using the stool in the first place?

Stroke:

Transfer from chair to bed in acute care:

- What are some things that the therapist told the patient to do that he didn't do?

Transfer and bed mobility in acute care:

- What movements does the therapist tell the patient to do in order to sit on the bed?
- Which side of the patient's body is weak?
- Which muscles do you think the patient has to use to move his hips up and over?
- What are some things that the therapist does for the patient after therapy but before leaving the room?

Outpatient Assessment Part 2, patient goals-

- What are some things the patient wants to be able to do at home?
- What are some things that the patient is able to do at home already?
- What is a problem the patient is having with his hand?
- What does the patient complain about when sleeping?

COPD

Ventilator Part 3 – sit to stand at edge of bed.

- Why does the therapist raise the bed?
- Why do you think the therapist had the patient march?
- What do they check on the patient after marching?
- What do you think the numbers mean on the device that is on the patient's finger?

Skilled Nursing

Ambulation part 1, patient refuses

- What are some things the PTA says to the patient to try to convince her to ambulate?

Spinal Stenosis – 3 months post surgery- ambulation 1

- What does the therapist remind the patient to do as he walks?
- What is unusual about how the patient moves his feet?
- Why are they pushing the wheelchair behind the patient?

Home

Standing at the kitchen counter

- When the patient stands up, where will the family member be standing?

IADLs – washing dishes while standing

- Which hand is weak on this patient?
- Why do you think the therapist has the patient hold the sponge in her left hand?

Outpatient:**Total knee replacement, 7 days post, lymphatic drainage**

- Why does the therapist say that you shouldn't push fluid towards the groin?
- What does touching the knee do?

Total knee replacement – measuring joint range of motion

- How much knee extension does the patient have?
- How much knee flexion does the patient have?
- Since the patient is able to extend their knee, which muscle is building strength?