**Physical Agent Modalities**

**Meets IDFPR Modalities Requirements**

**January 25-26, 2013**

**Loyola University Medical Center**

**15 Contact hours**

**Course Description**

Incorporating thermal and electrical modalities as an adjunct to a treatment plan can enhance patient outcomes. This comprehensive course will emphasize the application and theory behind the use of both thermal and electrical modalities as they apply to a variety of patient diagnoses. The course will be based on current evidence and will develop critical thinking skills to enable practitioners to select and use thermal and electrical modalities as they apply to current practice.

Topics covered are: principles and methods of application for a variety of superficial heat and cold modalities, Ultrasound, and Electrical modalities: Transcutaneous Electrical Nerve Stimulation (TENS), Iontophoresis, Neuromuscular Electrical Stimulation (NMES), and High Volt Pulsed Stimulation, and Biofeedback. It will include evaluation principles, indications, precautions and contraindications, with a brief review of upper quarter anatomy pertaining to the use of physical agent modalities. Ethics, documentation and economics of physical agent modalities will be discussed.

Through lecture, demonstration, considerable lab practice, and numerous case studies participants will be able to apply the information learned and skills practiced directly to their practice settings.

This course will provide 15 hours of didactic training and laboratory experience necessary to meet the standards of the state of Illinois Occupational Therapy Practice Act. for use of physical agent modalities.

**Course Fee:**

**ILOTA Members: $325**

**Non members $425**

**Register on-line at www.ilota.org**

**January 25 8:00-5:00**

**Introductions & Course Overview**

1. Upper Quarter Anatomy Review
2. Evaluation Principles & Documentation Pertinent to Physical Agent Modalities
3. Principles of Electrical Stimulation
4. Neuromuscular Electrical Stimulation (NMES)

\*\*Laboratory: Introduction to E-Stim. & electrode placement; NMES

***LUNCH***

1. Transcutaneous Electrical Nerve Stimulation (TENS) & Interferential (IFC)
2. High Volt Pulsed Current (HVPC)

\*\*Laboratory: practice TENS, IFC, and HVPC

1. Iontophoresis (IO)

\*\*Laboratory: Iontophoresis

1. *Questions and Wrap-Up*

**January 26 8:00-4:00**

**Electrical Stimulation Case Studies and Laboratory Practice in Small Groups followed by Discussion**

**Superficial Thermal Agents**

1. Heat Modalities

**\*\***Application: Moist Heat Packs, Fluidotherapy, Paraffin Wax

1. Cold Modalities & Hydrotherapy

\*\*Application: Cold Pack, Ice Massage, Hydrotherapy, Contrast Bath

\*\*Laboratory:Thermal Agents

***LUNCH***

**Deep Thermal Agents**

1. Ultrasound

\*\*Laboratory: Ultrasound

1. Case Studies in Small Groups followed by discussion
2. Questions, Post-test, Turn in Course

Evaluation

**Register on-line at www.ilota.org**