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KNR 334 - Therapeutic Exercise			
Code	Description	Instructed	Evaluated
AC-39	Select and implement the appropriate ambulatory aid based on the ... patient's injury and activity and participation restrictions. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-4	Describe the principles and concepts of body movement, including normal ... osteokinematics and arthrokinematics. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-5	Describe the influence of pathomechanics on function.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-7	Identify the patient's participation restrictions (disabilities) and ... activity limitations (functional limitations) to determine the impact of the condition on the patient's life. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-8	Explain the role and importance of functional outcome measures in ... clinical practice and patient health-related quality of life. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-9	Identify functional and patient-centered quality of life outcome measures ... appropriate for use in athletic training practice. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-14	Differentiate between an initial injury evaluation and ... follow-up/reassessment as a means to evaluate the efficacy of the patient's treatment/rehabilitation program, and make modifications to the patient's program as needed. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-19	Determine criteria and make decisions regarding return to activity and/or ... sports participation based on the patient's current status. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-21	Assess and interpret findings from a physical examination that is based ... on the patient's clinical presentation. This exam can include: <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-21a	Assessment of posture, gait, and movement patterns	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-21f	Joint play (arthrokinematics)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PS-7	Describe the psychological techniques (eg, goal setting, imagery, ... positive self-talk, relaxation/anxiety reduction) that the athletic trainer can use to motivate the patient during injury rehabilitation and return to activity processes. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PS-8	Describe psychological interventions (eg, goal setting, motivational ... techniques) that are used to facilitate a patient's physical, psychological, and return to activity needs. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PS-9	Describe the psychosocial factors that affect persistent pain sensation ... and perception (eg, emotional state, locus of control, psychodynamic issues, sociocultural factors, personal values and beliefs) and identify multidisciplinary approaches for assisting patients with persistent pain. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TI-1	Describe and differentiate the physiological and pathophysiological ... responses to inflammatory and non-inflammatory conditions and the influence of these responses on the design, implementation, and progression of a therapeutic intervention. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TI-6	Describe common surgical techniques, including interpretation of ... operative reports, and any resulting precautions, contraindications, and comorbidities that impact the selection and progression of a therapeutic intervention program. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TI-7	Identify patient- and clinician-oriented outcomes measures commonly used ... to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

TI-8	Explain the theory and principles relating to expected physiological ... response(s) during and following therapeutic interventions.			
TI-10	Integrate self-treatment into the intervention when appropriate, ... including instructing the patient regarding self-treatment plans.			
TI-11	Design therapeutic interventions to meet specified treatment goals.			
TI-11d	Instruct the patient how to correctly perform rehabilitative exercises.			
TI-11f	Reassess the patient to determine the immediate impact of the ... intervention.			
TI-12	Use the results of on-going clinical examinations to determine when a ... therapeutic intervention should be progressed, regressed or discontinued.			
TI-13	Describe the relationship between the application of therapeutic ... modalities and the incorporation of active and passive exercise and/or manual therapies, including, therapeutic massage, myofascial techniques, and muscle energy techniques.			
TI-14	Describe the use of joint mobilization in pain reduction and restoration ... of joint mobility.			
TI-15	Perform joint mobilization techniques as indicated by examination ... findings.			
TI-17	Analyze gait and select appropriate instruction and correction strategies ... to facilitate safe progression to functional gait pattern.			
TI-18	Explain the relationship between posture, biomechanics, and ergonomics ... and the need to address these components in a therapeutic intervention.			