



Physical Agent Modalities for the Rehab Professional Blue Track

Physical Agent Modalities (PAM's) is designed to educate occupational therapists and occupational therapy assistants in the use of electro-physical agents in the areas of electrical stimulation (pulsed, alternating, and direct current), and superficial and deep thermal agents. This course is also open to PT/PTAs and Athletic Trainers. The biophysical principles of each physical agent will be presented. The physiologic effects, indications, precautions and contraindications will be emphasized, along with the best current practices. The appropriate selection and application of physical agents, based on the existing pathology, impairments, and functional limitations will be discussed, demonstrated, and performed by participants. Safe and effective parameter selection, dosing of intensity, and documentation of treatment will be emphasized during the lecture and laboratory portions of the course.

This course will prepare the participant in the theory of and clinical application of transcutaneous electrical stimulation (TENS), neuromuscular electrical stimulation (NMES), functional electrical stimulation (FES), iontophoresis, phonophoresis, and continuous and pulsed therapeutic ultrasound. The course includes lectures, laboratory sessions and case studies.

The course length and content has been designed to meet the PAMs requirements of the specific states where it is offered. Please review the course Agenda below for any additional required content.

Course Developer/Instructor:

Joseph A. Gallo, DSc, ATC, PT. Dr. Joe Gallo earned his BS in Physical Education and Athletic Training and his master's in physical therapy. He also holds a Doctor of Science degree in Physical Therapy. He currently serves as Director and Professor in the Salem State University Athletic Training Program. He also held faculty appointments in various physical therapy and physical therapist assistant programs in his over 20-year career as an educator. Dr. Gallo is currently a Certified Instructor for the VitalStim® Therapy Specialty Program teaching NMES for the treatment of dysphagia. He has taught over 300 continuing education workshops to rehabilitation specialists across the United States. Joe's research on electrophysical agents has been published in the Journal of Orthopaedic and Sports Physical Therapy, and the Chinese journal of Sports medicine. In addition to his teaching and research, Joe has also maintained clinical practice in a variety of settings throughout his career.

Financial Disclosures: Dr. Gallo receives an honorarium for speaking/teaching live courses through CIAO Seminars. He also receives royalties for the purchase of his recorded courses and the purchase of his Ultrasound book.

Non-Financial Disclosures: Dr. Gallo uses modalities in his clinical practice.

Course Objectives

At the completion of this course the participants will be able to:

- Describe the characteristics of commonly used waveforms.
- Select the most appropriate modality and parameter settings to trigger physiological responses
- Inhibit pain using Gate Control Theory and by stimulating the release of Endorphins
- Inhibit sympathetic nervous system tone
- Facilitate and inhibit muscle recruitment
- Select the appropriate protocol to strengthen muscle tissue
- Discuss terminology and principles related to the application of ultrasound
- Discuss indications and contraindications of thermal agents, therapeutic ultrasound, and electrical stimulation
- Identify common myths and errors in parameter selection and application of ultrasound therapy
- Discuss clinically relevant research that will guide participants in selecting parameters of treatment that yield more predictable thermal and non-thermal responses in human tissue
- Select dosage for therapeutic ultrasound based on tissue healing stages and desired therapeutic outcome.

Day 1 The following agenda meets Illinois Administrative Code Title 68 Section 1315.162(b)

- 08:00 – 08:15 Course Introduction – Review of electro-physical agents
- 08:15 – 10:00 Electrotherapy
- History, types, current, phase duration, frequency, issues,
 - Waveforms – interferential, premod, Russian, biphasic, high volt, micro, direct current
- 10:00 – 10:15 Break
- 10:15 – 12:00 Electrotherapy
- Indications – pain control, muscle strengthening, edema management, contracture management, stroke
- 12:00 – 01:00 Lunch
- 01:00 – 01:30 Electrotherapy continued
- Indications – pain control, muscle strengthening, edema management, contracture management, stroke
- 01:30 – 03:00 Electrotherapy
- Procedures – parameters, placement, dosing, protocols
 - Clinical Applications , Physiological effects
- 03:00 – 03:15 Break
- 03:15 – 05:30 Electrotherapy
- Precautions, contraindications, patient education, examples, Liability/Insurance, rational, research

Day 2

- 08:00 – 10:00 Electrotherapy Lab* (Procedures – parameters, placement, dosing, protocols)
- 10:00 – 10:15 Break
- 10:15 – 11:15 Electrotherapy – Case Studies
- 11:15 – 12:15 Iontophoreses
- 12:15 – 01:15 Lunch
- 01:15 – 02:00 Ultrasound (History, Physiologic Effects; Indications; Contraindications, Safety, Liability/Insurance, PT Education)
- 02:00 – 03:15 Ultrasound Lab* (Procedures - parameters, placement, dosing, protocols)
- 03:15 – 03:30 Break
- 03:30 – 04:30 Cryotherapy, Superficial heat
- History, effects, examples, recommendations, ethics, economics
 - Physiologic Effects; Thermal /Non-thermal/phonophoresis
 - Indications – soft tissue healing, dermal ulcers, tendon injuries, fractures, pain
 - Contraindications, Precautions, Safety Guidelines, Liability/Insurance, Patient Education

***Lab includes demonstration by instructor and return demonstration by course participant to ensure successful completion.**

CEUs: 1.5 (15 hrs) ATs, OT/COTAs, PT/PTAs

CIAO is an AOTA Approved Provider #AAWA (OT/COTAs)

This course meets PDU requirements for NBCOT (15 PDUs)

CIAO is a BOC Approved Provider #P2881 (ATs)

CIAO is recognized as an Approved Provider for PT/PTAs by the NYSE Dept State Board for PT

CIAO is an Illinois Approved Provider for PT/PTA Continuing Education

This activity is provided by the TX Board of PT Examiners Accredited Prov. #2502009

This activity meets the continuing competence requirements for PT/PTA license renewal in TX

Approved for:

15 hrs PT/PTAs in IL, NY, TX

Meets Requirements for:

15 hrs OT/COTAs in IL per Illinois Administrative Code Title 68 Section 1315.162(b)



CIAO is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of (15) hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity



Meets PDU requirements for NBCOT.



Approved Provider

This course description is the intellectual property of CIAO. No part of this description (i.e. title, description, objectives, agenda, etc) may be used by any other entity for the purpose of marketing or CEU application without the prior written approval of CIAO

CIAO
362 Gulf Breeze Pkwy #193
Gulf Breeze, FL 32561

888-909-CIAO (2426)
850-916-8885 fax
www.ciaoseminars.com