



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Therapeutic Modalities 206

Course Subtitle: Tone Abnormalities

Source: Physical Agents in Rehabilitation from Research to Practice, 5th edition, by Michelle Cameron.

Source Description: With straightforward, in-depth coverage of the use of physical agents to improve patient outcomes, *Physical Agents in Rehabilitation: An Evidence-Based Approach to Practice, 5th Edition* reflects how physical agents and modalities are being discussed in the classroom. This new edition brings the ideal balance of evidence and practical instruction to the learning and practice of physical agents in rehabilitation. Comprehensive coverage of all physical agents includes the mechanisms, clinical effects, and application techniques for thermal agents, ultrasound, electrical currents, electromagnetic radiation, hydrotherapy, traction, and compression. Plus, each chapter includes a scientific rationale and step-by-step instructions in the use of the agent(s), as well as up-to-date research support and new *Find the Evidence* tables.

Target Audience: OT/OTA and other healthcare professionals

Course Length: 2 hours

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

Tone Abnormalities

- Describe the various challenges to assessing tone abnormalities
- Compare and contrast hypertonicity vs. hypotonicity
- Describe and differentiate quantitative measuring of muscle tone vs. qualitative measuring of muscle tone
- Review and describe anatomical bases of muscle tone including neural and muscular contributions
- Describe abnormal muscle tone and list 3 consequences of abnormal tone
- Read clinical case studies to highlight and understand clinical application

Outline of Content:

Hour #1

Muscle Tone
Challenges to Assessing Muscle Tone
Tone Abnormalities
Hypotonicity
Hypertonicity
Terms Confused With Muscle Tone
Fluctuating Abnormal Tone
Measuring Muscle Tone
Quantitative Measures
Qualitative Measures

Hour #2

General Considerations When Muscle Tone Is Measured
Anatomical Bases of Muscle Tone and Activation
Muscular Contributions to Muscle Tone and Activation
Neural Contributions to Muscle Tone and Activation
Sources of Neural Stimulation of Muscle
Summary of Normal Muscle Tone
Abnormal Muscle Tone and Its Consequences
Low Muscle Tone
High Muscle Tone
Fluctuating Muscle Tone

Clinical Case Studies

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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