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AOTA Approved Provider #4023

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**Course Title:** Therapeutic Modalities 207

**Course Subtitle:** Motion Restrictions

**Source:** Physical Agents in Rehabilitation from Research to Practice, 5<sup>th</sup> 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:

- Describe and differentiate 3 different types of motion
- Describe capsular and noncapsular patterns of motion restrictions
- Analyze 5 pathologies that can restrict motion
- Compare and contrast examination and evaluation techniques for motion restriction
- Assess 3 methods for treating motion restrictions
- Discuss the role of physical agents in the treatment of motion restrictions
- List 5 contraindications and precautions to range of motion techniques
- Read and examine case studies to highlight clinical application

**Outline of Content:**

## **Hour #1**

Types of Motion  
Active Motion  
Passive Motion  
Physiological and Accessory Motion  
Patterns of Motion Restriction  
Capsular Pattern of Motion Restriction  
Noncapsular Pattern of Motion Restriction  
Tissues That Can Restrict Motion  
Contractile Tissues  
Noncontractile Tissues  
Pathologies That Can Cause Motion Restriction  
Contracture  
Edema  
Adhesion  
Mechanical Block  
Spinal Disc Herniation  
Adverse Neural Tension  
Weakness  
Other Factors

## **Hour #2**

Examination and Evaluation of Motion Restrictions  
Quantitative Measures  
Qualitative Measures  
Test Methods and Rationale  
Contraindications and Precautions to Range-of-Motion  
Techniques  
Treatment Approaches for Motion Restrictions  
Stretching  
Motion  
Surgery  
Role of Physical Agents in the Treatment of Motion Restrictions  
Increase Soft Tissue Extensibility  
Control Inflammation and Adhesion Formation  
Control Pain During Stretching  
Facilitate Motion  
Clinical Case Studies

## **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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