

Course Title: Therapeutic Modalities 211 - Traction

Source: Physical Agents in Rehabilitation from Research to Practice, 5 th 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 agents, as well as up-to-date research support and new Find the Evidence tables.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3contact hour / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Cameron, PhD, PT / Brown, MS, OTR/L, CHT

Learning Objectives:

- Describe 5 clinical indications for the use of spinal traction
- Outline and describe application techniques for mechanical traction, lumbar, cervical, self and positional traction
- Examine important aspects included in documentation for the use of traction

Agenda:

Hour #1

Effects of Traction

Joint Distraction

Reduction of Spinal Disc Protrusion

Soft Tissue Stretching

Muscle Relaxation

Joint Mobilization

Clinical Indications for Traction

Spinal Disc Bulge or Herniation

Spinal Nerve Root Impingement

Joint Hypomobility

Hour #2

Subacute Joint Inflammation
Muscle Spasm
Contraindications and Precautions for Traction
Contraindications for Traction
Precautions for Traction
Additional Precautions for Cervical Traction
Adverse Effects of Spinal Traction
Application Techniques
Mechanical Traction
Mechanical Lumbar Traction

Hour #3

Mechanical Cervical Traction
Hip Traction With Resistance Band or Traction Device
Self-Traction
Positional Traction
Inversion Traction
Manual Traction
Documentation
Examples
Clinical Case Studies

Course Completion Requirements:

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

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