


 OSPITAL NG PARANAQUE 		Document Code: OSPAR-ADS-PTRM-0012
		Issue Date:
HOSPITAL POLICIES AND PROCEDURES MANUAL		Page No. of
Policy Title: POLICY ON ADMINISTERING THERAPY		Section / Department PT AND REHABILITATION MEDICINE
Prepared By: Nico Ryan V. Dayao, PTRP Chief PT, Rehabilitation Medicine	Reviewed By: Redentor P. Alquiros, MD Head, Medical & Ancillary Services Darius S. Sebastian, MD, MPH, PHSAE Hospital Administrator, Ospital ng Paranaque	Approved by: Jefferson R. Pagsisihan, MD, MHM Hospital Director, Ospital ng Paranaque

I. Statement of Policy

There shall be a set of treatment protocols regarding the proper administration of physical therapy treatments to patients to ensure appropriate quality care and efficient & effective physical therapy services.

II. Equipments

1. Thermal Agents
 - a. Hot packs
 - b. Cold packs
 - c. Infrared Light
 - d. Ultrasound
 - e. Paraffin Wax Bath
2. Electrotherapeutic Agents
 - a. Transcutaneous Electrical Nerve Stimulation
 - b. Electrical Muscle Stimulation
3. Traction
4. Tilt Table
5. UE/ LE Ergometer
6. Treadmill
7. Tilt table
8. Postural Mirror
9. Floor Mounted Parallel Bars
10. Ankle weights
11. Kettle Bell
12. Therabands/ Theratubes
13. Balance Boards
14. Step up Board
15. Foot Stool
16. Gym/Vestibular Ball
17. Mats



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III. Policy Guidelines

GENERAL WORK INSTRUCTIONS

The Physical Therapist in-charge shall:

1. Obtain the Attendance Record Sheet from the patient to confirm the patient's schedule and record in the Daily Patient Logbook.
2. Check PTRM Chart and review patient's treatment plan and relevant precautions.
3. Prepare treatment area, bed, and necessary linens to be used.
4. Call patient at reception area and escort him/her inside the treatment room.
5. For patient's initial treatment:
 - i. Prepare chart of patient.
 - ii. Introduce self to patient.
 - iii. Informs the patient on the procedures to be done, its risks and benefits prior to treatment.
 - iv. Obtain informed consent.
 - v. Start Initial Evaluation.
6. Check the patient's vital signs before and after treatment or if necessary.
7. Administer the prescribed treatment procedures. Modify treatment protocol as necessary.
8. After care must be done.
9. Complete SOAP Daily notes on patient's chart.
10. If last treatment session, check patient disposition:
 - i. For follow up with physiatrist to continue PT.
 - ii. For follow up with physiatrist to discharge patient.

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TREATMENT PROTOCOLS

1. Modalities



- 1.1. Hot Packs (refer to Michlovitz Thermal Agents in Rehabilitation, Third Edition, Chapter 5 pp. 116-119)
- 1.2. Cold Packs (refer to Michlovitz Thermal Agents in Rehabilitation, Third Edition, Chapter 4 pp. 98-99)
- 1.3. Paraffin Wax bath (refer to Michlovitz Thermal Agents in Rehabilitation, Third Edition, Chapter 5 pp. 119-121)
- 1.4. TENS (refer to Gersh Electrotherapy in Rehabilitation, Chapter 5 pp. 168-181)
- 1.5. Electrical Stimulation (refer to Gersh Electrotherapy in Rehabilitation, Chapter 8 pp. 278-281)
- 1.6. Infrared Radiation (refer to Prentice Therapeutic Modalities in Rehabilitation, Chapter 11)
- 1.7. Ultrasound (refer to Michlovitz Thermal Agents in Rehabilitation, Third Edition, Chapter 7 pp. 168-208)
- 1.8. Traction (refer to Prentice Therapeutic Modalities in Rehabilitation, Chapter 15)
- 1.9. Hydrotherapy (refer to Michlovitz Thermal Agents in Rehabilitation, Third Edition, Chapter 6 pp. 139-167)
- 1.10. Tilt Table (refer to Sullivan Physical Rehabilitation, Fifth Edition, Chapter 23 pp. 944)

2. Therapeutic Exercises

- 2.1. Joint Mobilization Techniques (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 5 pp. 116-141)
- 2.2. Manual Resistive Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 6 pp. 186-192)
- 2.3. Mechanical Resistive Exercises (refer to Therapeutic Exercise:

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- Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 6 pp. 203-204)
- 2.4. Range of Motion Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 3 pp. 44-56)
 - 2.5. Stretching Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 4 pp. 88-99)
 - 2.6. Proprioceptive Neuromuscular Facilitation Exercises (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 9 pp. 231-280)
 - 2.7. Klapp's Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fourth Edition, Chapter 15 pp. 549-550)
 - 2.8. Cailliet Neck Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fourth Edition, Chapter 16 pp. 656)
 - 2.9. McKenzie Exercises (refer to Operating Instruction Manual)
 - 2.10. Williams Flexion Exercises (refer to Operating Instruction Manual)
 - 2.11. Lumbar Stabilization Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 16 pp. 451-467)
 - 2.12. Finger Ladder Exercise (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 3 pp. 60)
 - 2.13. Over Head Pulley Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 3 pp. 60)
 - 2.14. Carpal Tunnel Syndrome Exercise (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 13 pp. 375)
 - 2.15. Wobble Board Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 20 pp 681)
 - 2.16. Vestibular Ball Exercises (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 6 pp. 221)
 - 2.17. Massage (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 10 pp. 299-300)
 - 2.18. Myofascial Release Technique (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 4 pp. 69)

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- 2.19. Frenkel's Exercise (refer to Physical Rehabilitation Assessment and Treatment by Sullivan and Schmitz, Fourth Edition, Chapter 22 pp. 730-731)
- 2.20. Jacobson Relaxation Technique (refer to Therapeutic Exercise: Foundations and Techniques by Kisner and Colby, Fifth Edition, Chapter 4 pp. 92)
- 2.21. Parallel Bar Exercises (refer to Operating Instruction Manual)
- 2.22. Gym Exercises
- 2.23. Proper Bed Positioning (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 293-295)
- 2.24. Pelvic Bridging Exercises (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 295-296)
- 2.25. Functional Activities for Stroke Patients (Bed Mobility, Transitions & Transfers) (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 305-309)
- 2.26. Mat Exercises (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 332-336)
- 2.27. Sitting Balance/Tolerance Exercises (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 310-314)
- 2.28. Sit-to-Stand Exercises (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 315-320)
- 2.29. Standing Balance/Tolerance Exercises (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 314-322)
- 2.30. Gait Training Activities including Passive Ambulation (refer to Martin's Neurological Interventions in Physical Therapy, Second Edition, Chapter 10 pp. 322-329)