

Spokane Falls Community College
COURSE LEARNING OUTCOMES AND OUTLINE

Prefix and Course Number
Course Title

OR-PR 180
ORTHOTIC FITTER

Last Modified: Fall 2016

Course Learning Outcomes

By the end of this course, a student should be able to:

- Identify cervical orthoses
- Select and prepare prefabricated orthoses for upper and lower extremities
- Select and prepare prefabricated spinal orthoses
- Select and prepare pressure gradient garments
- Select and prepare trusses

Course Outline

1. Course Overview

a. Understanding the role of an orthotic fitter and professional responsibility

- i. continuing education
- ii. promotion of public awareness of the profession
- iii. consumer organizations, governmental and non-governmental organizations
- iv. Compliance with patient management plan
- v. adherence to applicable local, state and federal laws and regulations
- vi. following patient care guidelines and procedures
- vii. maintaining a safe and professional environment for patient care
- viii. understanding claims development and submission

2. Workplace Safety

a. Understanding machine guidelines and chemical safety

- i. adherence to applicable local, state and federal laws and regulations
- ii. defining universal precautions
- iii. personal protection and equipment
- iv. Quiz: Safety Section

3. Practice Management

a. Roles and responsibilities of the healthcare team

- i. physicians
- ii. physical and occupational therapists
- iii. others

4. Compliance and adherence to applicable local, state and federal laws and regulations

- a. following patient care guidelines and procedures
- b. maintaining documented medical records and SOAP notes
- c. maintaining state licensure and national certification
- d. compliance with HIPAA, FDA, ADA, OSHA regulations
- e. understanding billing and L-Codes
- f. compliance with reimbursement protocols
- g. Quiz: Practice Management Section

5. Anatomy and Physiology Overview

a. Learning medical terminology, glossary, planes of motion, directions

b. Overview of the skeletal system Overview of the circulatory system

- i. circulation among arteries, veins and lymphatic system
- ii. pathology of the circulatory system

6. Description of normal human development

a. Understanding the effects of diabetes mellitus and the psychology of disability Assessment of the patient and patient interview

- i. collecting and documenting patient information
- ii. physical examination and interpretation of physical findings including MMT an ROM, skin and tissue characteristics, pain, and gait assessment
- iii. Quiz: A&P Section

7. The Cervical Spine

a. Identification of the cranial and cervical anatomy

- i. Pathology of the head and neck
- ii. Determining congenital and degenerative disorders
- iii. Identification of cervical orthoses
- iv. types of orthoses
- v. fitting parameters, measurements, and assessments Management of devices
- vi. defining donning and doffing
- vii. learning adjustment procedures, maintenance and repair
- viii. determining warranties and manufacture resources
- ix. Quiz: Cervical Section and Fitting Exercise

8. The Thoracic and Lumbar Spine

- a. Review of thoracic and lumbar spinal anatomy Pathology of the thoracic and lumbar spine Identifying congenital and degenerative disorders Distinguishing the peripheral nervous system

9. Recognizing spinal precautions Identifying spinal orthoses-LSO

- a. types of orthoses
- b. fitting parameters, measurements, and assessments Management of devices
- c. defining donning and doffing
- d. learning adjustment procedures, maintenance and repair
- e. determining warranties and manufacture resources
- f. Identifying Spinal Orthoses-TLSO

10. Types of orthoses

- a. fitting parameters, measurements, and assessments Management of devices
- b. defining donning and doffing
- c. learning adjustment procedures, maintenance and repair
- d. determining warranties and manufacture resources
- e. Quiz: Spinal Section and Fitting Exercises

11. The Upper Extremity

- a. **Review of upper extremity anatomy Pathology of the Upper Extremity Recognizing overuse syndromes Identifying upper extremity orthoses**
 - i. types of orthoses
 - ii. fitting parameters, measurements, and assessments
 - iii. Management of devices
 - iv. defining donning and doffing
 - v. learning adjustment procedures, maintenance and repair
 - vi. determining warranties and manufacture resources Quiz: Upper Extremity Section and Fitting Exercises VI11. The Lower Extremity
 - vii. Determining normal human locomotion and pathological gait

12. Review of lower extremity anatomy proximal to and including the knee Pathology of the lower extremity proximal to and including the knee.

- a. Recognizing congenital and degenerative disorders Identifying LE Orthoses-knee and above
- b. types of orthoses
- c. fitting parameters, measurements, and assessment Identifying LE Orthoses-knee and above
- d. types of orthoses
- e. fitting parameters, measurements, and assessment

13. Management of devices

- a. defining donning and doffing
- b. learning adjustment procedures, maintenance and repair
- c. determining warranties and manufacture resources

14. Review of lower extremity anatomy distal to the knee Pathology of the lower extremity distal to the knee

15. Review of lower extremity anatomy distal to the knee

16. Pathology of lower extremity distal to the knee Identifying congenital and degenerative disorders

17. Identifying LE Orthoses-below the knee

- a. types of orthoses
- b. fitting parameters, measurements, and assessment

18. Management of devices

- a. defining donning and doffing
- b. learning adjustment procedures, maintenance and repair
- c. determining warranties and manufacture resources

19. Determining gradient pressure garments

- a. types of below knee stocking
- b. fitting parameters
- c. distal and proximal
- d. measurement
- e. assessment of fit

20. Management of devices

- a. defining donning and doffing
- b. learning adjustment procedures, maintenance and repair
- c. determining warranties and manufacture resources
- d. Quiz: Lower Extremity Section and Fitting Exercises

21. The Foot

- a. Review of anatomy of the foot
- b. Overview and identification of bones, muscles and ligaments

22. Identifying biomechanics and ROM Pathology of the foot

- a. Plantar Fasciitis and ulcers
- b. ulcers and pressure injuries
- c. heel spurs
- d. bursitis and bunion Midfoot and Metatarsal Injuries
- e. fractures
- f. Sesamoiditis
- g. Metatarsalgia
- h. Morton's Neuroma

23. Identifying injury and deformity of Toes

- a. types of injuries
- b. types of deformities

24. Shoe and Foot Management

- a. types of shoes
- b. off-the-shelf
- c. fitting parameters, measurements, and assessment Management of devices
- d. defining donning and doffing

- e. learning adjustment procedures, maintenance and repair
- f. determining warranties and manufacture resources
- g. Quiz: Foot and Ankle Section and Fitting Exercises Shoe and Foot Management

25. Final Exam