Level 1B Clinical Proficiencies

These proficiencies are to be completed by students in the spring semester of their first year. The proficiencies are primarily based on the knowledge obtained in KIN 341 Therapeutic Modalities in Athletic Training and KIN 324K Applied Human Anatomy, in addition to the students’ previous coursework.

A demonstration of the student’s decision-making and critical thinking abilities is paramount. It is important that the student demonstrate an overall ability to apply the skills and knowledge associated with each clinical proficiency and listed requirement, not just perform a series of psychomotor skills. Successful completion of the clinical proficiency requires the student to perform, at the minimum, the items listed under “Requirements”. Students should be prepared to answer questions from the ACI, who may challenge the student’s knowledge by questioning the student’s purpose and reasoning for doing things and/or ask the student to explain and/or demonstrate what would be done to address a specific situation.

Clinical Proficiency 1B1: Therapeutic Modalities
Synthesize information obtained in a patient interview and physical examination, to determine the indications, contraindications and precautions for the selection, patient set-up, and evidence based application of therapeutic modalities for acute and chronic injuries. The student will formulate a progressive treatment and rehabilitation plan and appropriately apply the modalities. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed modality(s). While maintaining patient confidentiality, all aspects of the treatment plan should be documented using standardized record-keeping methods. (TM-CP1:4th edition)

- NOTE: proficiencies 1B1.1 – 1B1.19 MUST be completed PRIOR to completing proficiencies 1B1.20 – 1B1.28. And, 1B1.1 – 1B1.29 must be completed PRIOR to completing proficiencies 1B1.30 – 1B1.35

Requirements:
In order to complete this proficiency, the student will:

Demonstrate the ability to set-up and apply the following therapeutic modalities according to specific parameters prescribed by an ACI:

Electrical Stimulation Units:
1B1.1 – Monophasic stimulator (e.g. high volt pulsed current)
1B1.2 – Direct Current stimulator (e.g. iontophoresis)
1B1.3 – Russian current
1B1.4 – Interferential current
1B1.5 – Premodulated current
1B1.6 – Microcurrent
1B1.7 – Portable unit (i.e. portable “TENS” unit)

Ultrasound Unit:
1B1.8 – Thermal ultrasound treatment
1B1.9 – Non-thermal ultrasound treatment
1B1.10 – Phonophoresis treatment
1B1.11 – Indirect application of US treatment (i.e. bladder, underwater)
1B1.12 – Combination electrical stimulation/ultrasound treatment
Mechanical Traction Unit:
1B1.13 – Cervical traction
1B1.14 – Lumbar traction

Intermittent Compression Unit
1B1.15 – Intermittent compression treatment

Diathermy Unit:
1B1.16 – Diathermy treatment

Demonstrate the ability to provide soft-tissue manipulation techniques (i.e. massage, myofascial release techniques, muscle energy techniques, etc.) to:
1B1.17 – reduce edema
1B1.18 – increase tissue mobility (i.e. reduce muscle spasms, trigger points, scar tissue, etc.)
1B1.19 – increase blood flow

Demonstrate the ability to select appropriate therapeutic modalities and apply them, using correct parameters, to achieve the following goals:

- NOTE: 1B1.1 – 1B1.19 MUST be completed prior to the completion of 1B1.20 – 1B1.28
- 1B1.20 – decrease acute pain
- 1B1.21 – decrease sub-acute pain
- 1B1.22 – decrease chronic pain
- 1B1.23 – decrease acute inflammation
- 1B1.24 – decrease sub-acute inflammation
- 1B1.25 – decrease chronic inflammation
- 1B1.26 – retard muscle atrophy
- 1B1.27 – assist with muscle re-education
- 1B1.28 – reduce muscle spasm

1B1.29 – obtain a patient’s history and perform an assessment using observation and/or inspection of the injured body part to assess for the presence of inflammation.

Implement a comprehensive treatment plan, emphasizing therapeutic modalities, for a patient with:

- NOTE: 1B1.1 – 1B1.29 MUST be completed PRIOR to the completion of 1B1.30 – 1B1.35
- 1B1.30 – an acute injury
- 1B1.31 – an acute injury (different from 1B1.26)
- 1B1.32 – a sub-acute injury
- 1B1.33 – a sub-acute injury (different from 1B1.28)
- 1B1.34 – a chronic injury
- 1B1.35 – a chronic injury (different from 1B1.30)