Learning Objectives

Course Objectives:
Upon completion of this course, learners will be able to:

- Define physical agent modalities (PAMs)
- Describe the rationale for the use of physical agent modalities in occupational therapy
- Appreciate the influence of state laws, practice laws, and occupational therapy philosophy on the use of physical agent modalities in clients with neurological impairments
- Identify and describe the rationale for using three PAMs in clients with neurological impairments
- Describe the basic application of three physical agent modalities in clients with neurological impairments

Chapter 1: Rationale and Introduction to Physical Agent Modalities
This chapter will introduce the rationale for the use of physical agent modalities (PAMs) in occupational therapist practice, including the theoretical foundations of PAMs, their relationship to the occupational therapist practice framework, and consideration of state laws and regulations regarding the use of PAMs in occupational therapy practice.

Chapter 2: Electrical Stimulation for Neurological Applications: An Introduction
Electrical stimulation is commonly used to mitigate pain, reduce spasticity, and increase range of motion in people with neurological impairments. This chapter will review the basic attributes and parameters of electrical stimulation that can be modified by OT professionals, describe the hypothesized mechanisms of electrical stimulation, describe the rationale and evidence supporting its use in clients with neurological impairments, and demonstrate the basic use of electrical stimulation in several basic applications.

Chapter 3: Cryotherapy
Cryotherapy is commonly used to mitigate pain, reduce spasticity, and ameliorate other symptoms in people with neurological impairments. This chapter will review the basic attributes of cold, describe its hypothesized mechanisms, describe the rationale and evidence supporting its use in clients with neurological impairments, and demonstrate the basic use of cryotherapy in several basic applications.

Chapter 4: Thermotherapy
Thermotherapy is commonly used to mitigate pain, reduce spasticity, and ameliorate other symptoms in people with neurological impairments. In this chapter, the author will review the
basic attributes of heat, describe its hypothesized mechanisms, describe the rationale and
evidence supporting its use in clients with neurological impairments, and demonstrate the basic
use of thermotherapy in several basic applications.