

**South Texas College Physical Therapist Assistant Program**  
**Master List of Lab Skills**

Students are introduced to skills in lab sessions. They are provided opportunities and tools for guided practice. In addition, some skills require a check-off and lab practical.

Course#	Skill	Practice	Check-Off	Lab Practical
1409	Vital Signs: Heart Rate, Respiratory Rate	X	X	X
1409	Body Mechanics	X	X	X
1409	Fundamental Bed Mobility (Supine to Sit transition) & Transfers (Sit to Stand)	X	X	X
1409	Identification & Palpation of bony landmarks	X		X
1405	Infection Control & Hand Washing	X		X
1405	Vital Signs: Blood Pressure, Heart Rate, Respiratory Rate	x	X	X
1405	Anthropometrics: Height and Weight	X		X
1405	Positioning & Draping: integumentary protection	X	X	X
1405	Range of Motion: Passive, Active-Assisted, & Active	X	X	X
1405	Body Mechanics	X	X	X
1405	Wheelchair Basics	X	X	X
1405	Transfer Activities (with/without assistive & adaptive equipment)	X	X	X
1405	Bed Mobility	X	X	X
1405	Ambulation: Aids, Patterns & Activities	X	X	X
1513	Gait Observation & Awareness Activities	X		
1513	Postural Observation & Awareness Activities	X		
1513	Massage Therapy & Soft Tissue Mobilization Techniques	X	X	X
2201	Joint Range of Motion Measurement: goniometry	X	X	X
2201	Muscle Performance: Manual Muscle Testing	X	X	X
2201	Assessment of Functional ROM	X	X	
1321	Portable Pulse Oximetry	X	X	
1321	Coughing Techniques	X	X	
1321	Breathing Techniques: Pursed Lip Breathing	X	X	
1321	Breathing Techniques: Deep Breathing	X	X	
1321	Breathing Techniques: For Hyperventilation	X	X	
1531	Cryotherapy: cold pack, ice massage, Vapocoolant spray	X	X	X
1531	Superficial Thermal Modalities: hot pack, paraffin, fluidotherapy, contrast baths	X	X	X
1531	Ultrasound: Underwater, Direct, Phonophoresis	X	X	X
1531	Electrical Current: muscle stimulation, tissue repair, high-volt, neuromuscular, TENS	X	X	X
1531	Electrical Current: iontophoresis, microcurrent, Russian current	X	X	
1531	Mechanical Compression Pump & Edema management	X	X	X
1531	Mechanical Traction: Cervical & Lumbar Spine	X	X	X

1531	Hydrotherapy (Whirlpool): Immersion	X	X	X
1531	Biofeedback	X	X	
1531	Diathermy	X	X	
1531	Light (Laser) Therapy/Cold Laser Infrared/Ultraviolet	X	X	
1531	Combined US/ES	X	X	
1531	Anthropometrics: Girth, Volume, Weight,	X		
1531	Superficial Sensory Assessment	X	X	
2509	Aerobic and Conditioning Activities	X	X	X
2509	ROM: Passive, Active, Active-Assisted, Active-Resistive	X	X	X
2509	Basic Strengthening Regimens & Activities	X	X	X
2509	Stretching & Flexibility	X	X	X
2509	Special Orthopedics Tests (UE/LE and Spine)	X	X	X
2509	Use of Specialized Exercise Equipment (examples: treadmill, Total Gym, stationary bicycle, pulleys, dumbbells, Theraband, etc.)	X		X
2509	Proprioception exercises/activities	X		X
2509	Peripheral joint mobilizations	X		
2509	Application of Special Programs (McKenzie, Williams)	X		X
2509	Work conditioning, ergonomics, back school activities	X		
2509	Application of Obstetrics Exercises	X		
2509	Aquatic Therapy	X		
2431	Bed Positioning and Early Mobility for Neurologically impaired client (CVA, TBI, etc.)	X	X	X
2431	Sensation Testing (Deep and Combined Cortical Sensation)	X	X	
2431	Sitting Balance (Static / Dynamic recovery)	X	X	X
2431	Transfers for neurologically involved client	X	X	X
2431	Standing Balance (Static / Dynamic recovery)	X	X	X
2431	Locomotor Skills (Including pre-gait, and gait deviations due to neurological impairment)	X	X	X
2431	Upper Extremity Handling (emphasis on neurological impairment and recovery)	X	X	X
2435	Functional Mobility Review	X	X	X
2435	Proprioceptive Neuromuscular Facilitation Techniques	X	X	X
2435	Rolling/Side lying/Prone & Quadruped Activities	X	X	X
2435	Hook-lying and Bridging Activities	X	X	X
2435	Sitting, Wt. Shifting, Scooting, Balance, & Kneeling	X	X	X
2435	Modified Plantigrade and Standing	X	X	X
2435	Gait and Balance specifically for Pre-Prosthetic and Prosthetic Training	X	X	X
2435	Reflex Assessment	X	X	X