

## **OCTA 220**

### **Analysis of Therapeutic Activities**

5 Credits

## Community College of Baltimore County

### Common Course Outline

#### Description

**OCTA 220 – Analysis of Therapeutic Activities:** students apply the principles and techniques required to identify and analyze motor movement in relation to the performance areas of occupation. Topics including osteology of the upper and lower extremities, synergy patterns, the musculoskeletal system, agonist/antagonist muscle groups, and innervation of the upper extremity. Manual muscle testing, goniometer, and sensory examination are reviewed. Students then apply these techniques to functional daily life activities through use of the activity analysis. Additionally, students apply concepts such as adaption, grading, and cultural implications when developing treatment programs.

**Pre-requisites:** Admission into the Occupational Therapy Assistant Program

**Co-requisites:** OCTA 221

#### Overall Course Objectives

Upon completion of this course, students will be able to:

1. locate anatomical landmarks of the body;
2. identify bones of the upper extremity, spine, and lower extremity;
3. demonstrate movements of the upper and lower extremity;
4. identify the origin, insertion, action, and innervation of muscles of the body;
5. discuss concepts of prime movers, agonists and antagonists;
6. demonstrate accurate use of goniometer, dynamometer, and pinch gauge;
7. identify the various types of hand grasps;
8. demonstrate accurate assessment of gross manual muscle strength;
9. articulate the difference among activity, occupation, and purposeful activity;
10. understand where the activity analysis fits into the occupational therapy practice framework;
11. analyze the occupations of a client in relation to performance skills, context, activity demands, and client factors;
12. demonstrate an understanding of the activity analysis;
13. apply the skills of a culturally competent therapist to the activity analysis and treatment plans;
14. determine the motivational factors that impede or facilitate a client's compliance with treatment; and
15. implement the principles of grading and adapting a treatment activity.

#### Major Topics

##### I. Terminology

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- a. Anatomical position
  - b. Functional position
  - c. Motions of the upper and lower extremities
- II. Surface Anatomy
  - a. Upper extremity
  - b. Lower extremity
  - c. Trunk
- III. Shoulder Complex
  - a. Bones of the shoulder girdle and gleno-humeral joint
  - b. Identify joints and movements
  - c. Identify muscle origins, insertions, and innervations
- IV. Elbow/radial-ulnar joint
  - a. Bones
  - b. Identify Joints and movements
  - c. Identify muscle origins, insertions, and innervation
- V. Wrist and Hand
  - a. Bones
  - b. Identify joints and movements
  - c. Identify muscle origins, insertions, and innervation
  - d. Review of the various hand grasps
- VI. Lower Extremity
  - a. Bones
  - b. Identify joints and movements
  - c. Identify muscle origins, insertions, and innervation
  - d. Weight bearing and balance issues
- VII. Activity Analysis and Occupational Therapy Performance Framework (OTPF)
  - a. Definition of terms on the activity analysis
  - b. Cultural context when considering the patient
  - c. Applying the activity analysis to various occupations
- VIII. Principles of Grading and Adapting
  - a. Activities of Daily Living (ADL) /Instrumental Activities of Daily Living (IADL) adaptive equipment
  - b. Motor skills
  - c. Cognitive skills
  - d. Social skills
- IX. Practicing as a Culturally Competent Practitioner
  - a. Impact of culture on patient's roles and occupations
  - b. Influence of culture on how illness, disease, and disability are perceived
  - c. Principles of a culturally competent therapist

### **Course Requirements**

Grading is determined by the individual faculty member, but shall include the following, at minimum:

- 3 activity analyses
- 3 tests
- 3 practicums

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- Final examination

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 8/8/2019