



## Sports Medicine & Performance Center

UNIVERSITY OF COLORADO

*IN PARTNERSHIP WITH BOULDER COMMUNITY HEALTH*

# INTEGRATIVE PHYSIOLOGY CUSMPC PHYSICAL THERAPY INTERNSHIP

## Basic Summary of Position

CUSMPC will offer practical experience in the setting of physical therapy to a limited number of students interested in pursuing a career in physical therapy, sport science, athletic training or exercise science.

The CUSMPC Intern will work in the physical therapy clinic of CUSMPC under the direct supervision of Physical Therapists, Athletic Trainers, and Exercise Specialists who provide physical therapy services to our patient population.

The CUSMPC Physical Therapy Intern is responsible for maintaining overall cleanliness of the clinic, assisting clinical staff in patient care, and ensuring that clinical equipment is in working order. The Intern will work in a team environment and have the ability to complete daily tasks as assigned. The position requires strong customer service skills with an ability to maintain friendly and professional relationships with patients and employees.

## Expectations

- The CUSMPC Intern will complete BCH Volunteer Services orientation and requirements (background check, immunizations, HIPAA) prior to the start of the internship.
- The CUSMPC Intern will register with My Clinical Exchange in order to upload required documents.
- The CUSMPC Intern will dress in a business casual manner (no open toed shoes, no jeans, no t-shirts, no athletic workout clothes). Badge/identification will be worn at chest level.
- The CUSMPC Intern will behave in a professional manner towards patients, therapists and staff.
- The CUSMPC Intern will be self-motivated, reliable, flexible and professional.
- The CUSMPC Intern will maintain confidentiality of patients and their treatment according to HIPAA.
- The CUSMPC Intern will maintain a 3.0 GPA while enrolled in at least 6 hours at CU.
- The CUSMPC Intern will work a minimum of 8 hours per week and will log his/her hours on a logging sheet (45 hours = 1 credit, 6 internship credits can apply towards graduation). It is the intern's responsibility to email any conflicts in the schedule and/or absences in a timely manner.
- The CUSMPC Intern will actively strive to complete competencies and take initiative in daily tasks to maintain overall cleanliness and function of the clinic.
- The CUSMPC Intern will communicate with assigned physical therapist(s) regarding therapeutic exercise, modality use, and patient care.
- The CUSMPC Intern will complete a journal and/or case study of his/her experience during the internship.



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## COMPETENCIES

### CUSMPC Facility/Clinic Maintenance

- Tour – become familiar with the location of items and departments
- Orientation of Volunteer Duties/Clinic Maintenance
- Weather Policy
- Safety Policies and Procedures

### Anatomy and Physiology

- Identify basic structures and describe functions of the skeletal system
- Identify basic structures and describe functions of the muscular system
- Demonstrate a good working knowledge of medical terminology

### Therapeutic Modalities

- Identify and explain the use of thermo-therapeutic modalities
  - Indications/contraindications/safety for:
    - i. Ultrasound
    - ii. Hydrocollator packs
    - iii. Paraffin bath
- Identify and explain the use of cryo-therapeutic modalities
  - Indications/contraindications/safety for:
    - i. Ice packs
    - ii. Ice massage
    - iii. Intermittent compression unit
- Identify and explain the use of electrical stimulation modalities
  - Indications/contraindications/safety for:
    - i. Interferential
    - ii. Russian
    - iii. Pre-Mod
    - iv. High Volt
    - v. TENS
    - vi. Iontophoresis
- Identify and explain the use of manual and mechanical modalities
  - Indications/contraindications/safety for:
    - i. Massage
    - ii. Joint mobilization



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- iii. TPDN
- iv. Mechanical Traction
- Identify and explain the use of light modalities
  - Indications/contraindications/safety for:
    - i. Laser therapy

### Basic Concepts of Rehabilitation Equipment and Therapeutic Exercises

- Demonstrate a working knowledge of the phases of healing
- Demonstrate a working knowledge of rehabilitation as it pertains to individualized patient needs
- Perform and describe various stretching techniques
- Perform and understand vital signs
- Demonstrate a working knowledge of exercise techniques related to various body parts
  - Shoulder, elbow, hand/wrist, hip, knee, ankle, core, balance
- Demonstrate correct use of therapeutic exercise equipment and reasoning for use of:
  - AlterG, stationary bikes, treadmill, hoist machine, leg press, HS curl, GTS, UB ergometer, pulley systems, bands, fitter, stability discs, BOSU ball, foam mats, ACT 3 slide board, foam beam, dumbbells, TRX, gym balls, medicine balls, step boxes, agility ladder, BAPS board, Tracker Laser, Blood Flow Restriction (see complete list in competency check off)

### Evaluation Tools

- Demonstrate a working knowledge of the evaluation process
- Demonstrate a working knowledge of specific evaluation tools, purpose and proper use of:
  - Goniometers, reflex hammer, sensory wheel, grip dynamometer, tape measure
- Demonstrate working knowledge of Physimax