

Learning Objectives

MedBridge

Treatment of the Patient with Knee Osteoarthritis

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Course Objectives:

- Demonstrate the ability to utilize information from the patient interview combined with clinical reasoning to plan, prioritize, and execute a well-tolerated manual physical therapy intervention.
- Describe how to utilize examination findings to plan, prioritize, and dose likely to be well-tolerated exercises to augment and reinforce manual therapy intervention.
- Describe how to utilize a low impact physical activity through stationary cycling to initiate and sustain a variety of beneficial effects for the patient with knee OA.

Chapter 1: Orthopedic Manual Physical Therapy Treatment of the Patient with Knee OA

This chapter details how to utilize examination findings to plan, prioritize, and execute a likely to be well-tolerated intervention. This chapter includes demonstrations of techniques with a patient.

Chapter 2: Principles of Exercise and Exercise Prescription

This chapter details how to utilize examination findings to plan, prioritize, and dose likely to be well-tolerated exercises to augment and reinforce manual therapy intervention.

Chapter 3: Bike Fitting and Training

The final chapter of this course details how to utilize stationary bike exercise as a low impact physical activity to initiate and sustain a variety of beneficial effects for the patient with knee OA. This chapter includes a video demonstration of bike fitting with a patient.