



Virtual Learning

Medical Interventions Physical/Occupational Therapy

April 24, 2020



Medical Interventions

Lesson: April 24, 2020

Objective/Learning Target:

Recognize that physical and occupational therapists work to help patients with disabilities or patients recovering from surgery or injury to restore function, improve mobility, relieve pain, and improve the ability to perform the tasks necessary to lead an independent and productive life. (3.3.4)



Let's Get Started:

1. Watch [this video](#) to learn about the allied health career field.
2. Listen from these healthcare professionals on why they entered the field and what they love about their careers by watching [this video](#).
3. Which one of these career fields are most interesting to you?



Lesson Activity

Read [this article](#) on the differences between physical and occupational therapists and create a chart comparing/contrasting between the two professions on paper.

Lesson Activity - Answer

[Introduction](#) | [Application Process](#) | [PT](#) | [OT](#) | [Opportunities](#)

Physiotherapy vs. Occupational Therapy

	Physiotherapy	Occupational Therapy
Goal	<ul style="list-style-type: none"> •Restore movement and mobility •Treats the physical source of the injury (tissues/structures) and helps prevent future injuries 	<ul style="list-style-type: none"> • Restore functional abilities • Optimize independence • Does not directly treat the injury
Focus	<ul style="list-style-type: none"> •Assess ability to roll in bed, sit/stand up, maintain balance, walk, etc. 	<ul style="list-style-type: none"> •Brushing teeth, getting dressed, self-feeding, combing hair, going to the bathroom, etc. • Adapting jobs, hobbies, etc.
Tools	<ul style="list-style-type: none"> •Stretching, exercise, manipulations, electrical stimulation, heat, cold, etc. 	<ul style="list-style-type: none"> •Same, but OTs differ in their approach and overall goal
Setting	Wide range (e.g. Hospital, health centres, homes)	



Practice

Indicate which of the two healthcare professionals would perform the task below.

1. more focused on evaluating and diagnosing movement dysfunctions
2. more focused on evaluating and improving a person's functional abilities
3. focuses on larger motor movements
4. more focused on treating a person's injury
5. focuses on smaller motor movements



Practice - **Answers**

Indicate which of the two healthcare professionals would perform the task below.

1. physical
2. occupational
3. physical
4. physical
5. occupational



Additional Practice/Resources

1. View [this website](#) and try out some exercises for physical therapy.
2. View [this website](#) and try out some exercises for occupational therapy.
3. Check your understanding by identifying the role of a PT and OT for a stroke patient.