

# PHYSICAL THERAPY STUDENT INTERNSHIP SKILLS LIST Provo School District

This list is designed to help you obtain considerable information during your internship period. The column on the left will designate various procedures used in the internship. When you have observed a procedure, record the date and have your mentor or sponsor initial the block. There is a lot to see and learn. Be sure to ask your mentor to show you as much as he/she can.

SKILLS AND PROCEDURES	DATE	INITIAL	DATE	INITIAL	DATE	INITIAL
1. Fold laundry used for therapy						
2. Clean treatment tables						
3. Observe the physical therapist						
4. Fold laundry used for therapy (repeat)						
5. Clean treatment tables (repeat)						
6. Observe the physical therapist (repeat)						
7. Observe the use of the ultrasound						
8. Observe treatment using interferential stimulation						
<b>MANUAL STRETCHING OBSERVATION</b>						
9. Knee						
10. Cervical region						
11. Shoulder						
12. Ankle						
13. Hand or digits						
14. Sacroiliac joint						
15. Hamstring						
16. Set-up cervical traction						
17. Set-up lumbar traction						
18. Moist heat pack						
19. Cold pack						
20. Sterilize whirlpool						
21. Body composition analysis						
22. Stretching techniques						

23. Treadmill			
24. Bike			
25. Stairmaster			
26. Upper body ergometer			
27. Various weight exercise equipment			
28. Rubber tubing exercises (shoulder/ankle)			
29. Balance board			
30. Max			
31. Pulley			
32. Pool exercises			
33. Paraffin wax			
34. Micro stimulation			
35. Fill lotion bottles			
36. Cane exercises			
37. Proper use of sport cord			
38. Slide board			
39. Nordic-track			
40. Watch back care videos (1-4)			
41. Defrost ice machine			
42. Learn clinical abbreviations			
43. Stock pillow towels			
44. Learn about phonopheresis			
45. Filing patient records			
46. Observe massage			
<b>MODALITIES</b> - Explain the indications, contraindications, effects, protocol, and proper set-up of the following:			
47. Hot whirlpool			
48. Cool whirlpool			
49. Ice bags			
50. Hydrocollator packs			

51. Contract baths			
52. Ultrasound			
53. Waveform			
54. Dynatron			
55. Massage			
56. Ice massage			
57. Paraffin			
58. VMS			
59. Russian stim			
60. EGS			
61. Combination EGS/Ultrasound			
62. Jobst pump			
63. Magnatherm			
<b>RECORDS AND REPORTS</b>			
64. Treatment forms			
65. Rehabilitation forms			
66. Doctor's office forms			
67. Injury report forms			
68. Preparticipation physical exam forms			
69. Daily injury reports			
70. Insurance forms			