



California School of Podiatric Medicine

4th YEAR PHYSICAL MEDICINE GOALS AND OBJECTIVES

SAMUEL MERRITT COLLEGE

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Goal

To gain familiarity with the principles and practice of physical medicine and rehabilitation, particularly as they pertain to the lower extremity.

Objectives

Review and discuss the indications/contraindications for the common treatment modalities used in physical medicine and physical therapy including, but not limited to the following: ultrasound, TENS, muscle strengthening, stretching, iontophoresis.

Perform a minimum of 5 crutch training sessions.

Perform and present a minimum of 10 evaluations on patients who have physical disability or pain.

Shadow a physical therapist and an occupational therapist for one full day.