Musculoskeletal Physical Therapy
Certificate at Arcadia University

Global Perspectives…Personal Attention…Real-World Integrative Learning Experiences

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Graduate Certificate
Musculoskeletal Physical Therapy Certificate

About Arcadia’s Musculoskeletal Physical Therapy Certificate

Prepare to practice musculoskeletal physical therapy using current evidence.

- Courses utilize a hybrid model of online learning and manual skills laboratory sessions.
- The 12-credit program can be completed in one to three years.
- Combine with clinical mentoring in an Orthopaedic Residency
- The program is affordable and competitively priced.
- Students network and connect with nationally recognized faculty and peers.
- All Musculoskeletal Physical Therapy Certificate courses are 2-credits.
- Students can take two courses before formal application and matriculation.
- Arcadia University’s Doctor of Physical Therapy program is ranked in the top 15 in the nation by U.S. News & World Report.

The primary goal of this certificate program is to prepare clinicians to practice musculoskeletal physical therapy using current evidence. Consistent with this goal, the program is designed to provide sufficient content, knowledge and skills to prepare students to sit for the orthopaedic clinical specialization examination offered by the American Physical Therapy Association’s Board of Physical Therapy Specialties.

The curriculum consists of six 2-credit courses. Two courses deal with general concepts relevant to the management of all musculoskeletal conditions. The remaining
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The curriculum for the Musculoskeletal Physical Therapy Certificate program consists of at six 2-credit courses. There is no required course sequence. A minimum of 12 credits is required.

1. The following initial courses are required.
   - PT 656 Neuromuscular Tissues and Motor Control (2 credits)
   - PT 680 Evidence Based Practice and Clinical Reasoning (2 credits)
   - PT 681 Cervical-Thoracic Spine and Tempromandibular Joint (2 credits)
   - PT 682 Upper Extremity: Shoulder, Elbow, Wrist & Hand (2 credits)
   - PT 683 Lumbar Spine and Sacroiliac Joint (2 credits)
   - PT 684 Lower Extremity: Hip, Knee, Ankle, & Gait (2 credits)

Physical Therapy Courses

PT 656 Neuromuscular Tissues and Motor Control
(2 credits)

This course reviews the basic structure and function of various tissues within the neuromusculoskeletal system. These will include muscle, nerve and various connective tissues such as tendon, ligament, cartilage and bone. Using the Physical Stress Theory as a guiding model, the effects of altered patterns of use, common pathologies, and common interventions will be discussed for each tissue. The neural control of multi-joint limb movement will be discussed using current literature on motor control, cognition and motor learning including discussion of the relevance of the research on clinical practice. Traditional and contemporary theories will be contrasted to assist in developing direct intervention strategies using skill acquisition theories. Emphasis will be placed on reading and applying current basic science literature to justify and guide the practice of physical therapy.

PT 680 Evidence Based Practice and Clinical Reasoning
(2 credits)

This course will provide the physical therapist with a systematic method for critically analyzing and evaluating current research for integration
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into clinical practice. Clinical decision-making will be guided by relevant literature reviews to minimize practice variation, minimize health care costs, and identify potential or actual harm to patients.

PT 681  
Cervical-Thoracic Spine and Tempromandibular Joint  
(2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the cervical-thoracic spine and tempromandibular joint. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of cervical-thoracic spine and tempromandibular joint.

PT 682  
Upper Extremity: Shoulder, Elbow, Wrist & Hand  
(2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the shoulder, elbow, wrist, and hand. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of upper extremity.

PT 683  
Lumbar Spine and Sacroiliac Joint  
(2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the lumbar spine and sacroiliac joint. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of lumbar spine and sacroiliac joint.

PT 684  
Lower Extremity: Hip, Knee, Ankle & Gait  
(2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the hip, knee, ankle, and foot. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of the lower extremity.