



## Definitions for PT Therapy: Routine PT/Rehab (Form 5R)

**Physical Assistance** – Providing hands on support to enable patient’s completion of a task<sup>1</sup>

e.g. Therapist performs percussions and vibrations to loosen and mobilize secretions in order to help a patient clear his airways.

e.g. Therapist moves a sedated patient’s lower extremities passively through range.

**Physical Resistance** – Exercising a muscle against an opposing external force<sup>1</sup>

e.g. Therapist asks patient to flex her elbow, then using his hand to provide an opposing force, cues patient not to let him straighten her arm.

e.g. Using 2lb dumbbells to perform elbow flexion strengthening exercises.

**Instructions** - Statements that describe how to do something<sup>2</sup>

e.g. “Push off of the bed with both hands to bring yourself to a standing position”

**Repetition** - The recurrence of an action, with opportunities for practice to improve the skill or task<sup>1</sup>

e.g. To practice sit-to-stand, the therapist has the patient perform this transfer 5 times

**Feedback** - Information about a person’s performance of a task which is used as a basis for improvement<sup>1</sup>

e.g. “You were leaning back a bit too much on that standing attempt”

**Cue** – A guiding suggestion, signal or prompt<sup>1</sup>

e.g. Tactile cue – Therapist facilitates forward lean with hand on patient’s back

Verbal cue – “Think about bringing your nose over your toes when you go to stand”

Visual cue – Therapist demonstrates leaning forward to perform a sit to stand

**Encouragement** - Giving someone support, confidence, or hope<sup>1</sup>

e.g. “You are doing really well, keep going!”

**Motivation** – Providing someone with a reason for doing something, causing someone to have interest in or enthusiasm for something<sup>2</sup>

e.g. “If you keep lying in bed you will continue to lose strength in your legs. It is important that we start working on standing so that we can get your legs strong again and work towards your goal of walking”

**Equipment** - Any necessary items used to perform an activity<sup>1</sup>

e.g. Record if patient used a mechanical lift or gait aid to perform the sit to stand transfer.

### Sources:

1. Oxford English Dictionary. <https://en.oxforddictionaries.com/>; 2. Cambridge English Dictionary. <https://dictionary.cambridge.org/>

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