

## **KNES 441/443/445 – PRACTICUM COURSE**

**Practicum Position Title: Physiotherapy/Kinesiology Assistant**

**# of Positions Available: 2**

**Industry/Company Description: PHealth - Advantage Health Aspen**, clinic comprises a dynamic team of highly skilled professionals to serve our clients' rehabilitation needs. Our friendly atmosphere and team approach encourages the clients to fully participate in their recovery. Our clients can expect education about their particular problem, specific and monitored exercise relating to their needs. Clients receive customized rehabilitative programs for motor vehicle injury, arthritis, repetitive strain, women's health, sport and work related injuries, chronic pain and a variety of other conditions.

**Location: Suite 225 - 339 Aspen Glen Landing SW, Calgary AB T3H0N6**

**Required Hours: 60-72 hours per term – evenly dispersed throughout term:**

- 5-6 hours per week during fall and winter terms (13 weeks)
- 10-12 hours per week during spring term (6 weeks)

**Academic Session:** Practicum positions are available to students during the fall, winter and spring terms. .

**Specified Schedule:** Clinic is open Monday – Friday, 7 am – 9 pm and Saturday 9 am – 3 pm.

### **Duties/Responsibilities:**

- Assist physiotherapist with preparing and applying hot and cold packs
- Assist physiotherapist and kinesiologist with the set-up, application and removal of modalities including: hot and cold packs, ultrasound, Transcutaneous Electrical Nerve Stimulation (TENS), Neuromuscular Electrical Stimulation (MNES) and Inferential Current (IFC).
- Under strict supervision, interact with clients and assist physiotherapist and kinesiologist with the prescription, application, supervision and education of client's exercise program which will include stretching, range of motion, proprioception, coordination, balance, posture training, strengthening, return to work and sports rehabilitation
- Assist physiotherapist and kinesiologist in the development of exercise and therapy programs so that a patient can use them in the most appropriate settings such as their office, home, work or a gymnasium
- Guided observation of a practicing physiotherapist (observing assessments and hands-on treatment including acupuncture, IMS, Graston, active release therapy, joint mobilization and traction).

### **Student Qualifications:**

Required: Excellent recall of subject matter learned in KNES 259/260 (Human Anatomy and Physiology) essential

Required: Current CPR/First Aid

Required: Time-management, professionalism, and confidence

Required: Exercise knowledge is considered an asset

Asset: KNES 373 – Exercise Physiology

**On-Site Supervisor:** Jonathan Reimer, BScPT, [jreimer@pthealth.ca](mailto:jreimer@pthealth.ca)