

**DOWNER'S PHYSICAL  
THERAPY PROCEDURES**

## ABOUT THE AUTHOR

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Dr. Oestmann has a diversity of career experiences including six years in the United States Air Force; seven years of physical therapy practice in hospital, sports medicine, home health, private practice, and nursing home settings; healthcare administration experience; and four years of adjunct faculty teaching for Black Hills State University in Spearfish, South Dakota.

Dr. Oestmann has self-published licensure and certification study guides and software for physical therapists, physical therapy assistants, occupational therapists, occupational therapist assistants, and athletic trainers. He has also published and presented continuing education materials to a variety of healthcare-related disciplines. Currently, Dr. Oestmann is traveling throughout the country performing healthcare management consulting for Reo Healthcare Consulting, based on his doctoral dissertation, "Mutual Expectation Method Of Motivation™." And, he continues his writing career with this revision of Anne Downer's "Physical Therapy Procedures."

Dr. Oestmann lives with his wife and two children in the beautiful Black Hills of South Dakota. He can be contacted at Reo Healthcare Consulting's website, [www.reohealthcareconsulting.com](http://www.reohealthcareconsulting.com).

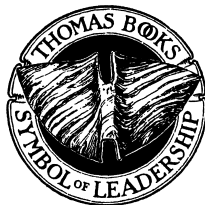
Sixth Edition

# DOWNER'S PHYSICAL THERAPY PROCEDURES

Therapeutic Modalities

*By*

R. ERIC OESTMANN, PH.D., M.S., P.T.



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## PREFACE TO THE SIXTH EDITION

Upon reviewing and revising Ann Downer's fifth edition, we felt it necessary to make some changes and update it for the twenty-first century. In her original works, Ms. Downer reports that a survey of over 1,000 physical therapy students indicated that the preponderance of students felt that the outline style is more readable and the information is easier to find and retain. I wholeheartedly agree that the outline format is preferred to standard text formats, and that is why it has been kept for the sixth edition.

This book was originally written as a "how to" book to provide standardized treatment outlines for physical therapy, physical therapy assisting, athletic training, sports medicine and other allied health professionals. In recent years, there have been a number of lawsuits involving client injury during treatment. In response, professional educational programs across the country and their respective state and national licensing/certification boards have emphasized safety and competence in their testing procedures. Thus, the scope of this book has been expanded to align itself with the various professional licensing/certification board's concerns.

We have added sections of "Contraindications," "Advantages," and "Treatment Parameters" to each physical therapy procedure. The purpose of this format change is to guide safe and effective decision making by the professional. However, these lists do not preclude or supercede sound professional clinical judgment when developing treatment plans and utilizing various therapeutic modalities and techniques.

We have also updated numerous pictures into several chapters that represent the latest technology or application available. We have also added more reasoning or justification to several of the application instructions. This will help you answer your overriding client's ques-

tion, “Why?” In addition, we have added the CPT (Central Procedure Code) below the heading of each therapeutic procedure. These codes are mandatory for reimbursement purposes and are periodically changed or eliminated by HCFA (Health Care Financing Association), therefore always check them before billing for services. An update of CPT codes can be found at the website [www.hcfa.gov](http://www.hcfa.gov).

This author wishes to thank all of the companies who agreed to let us use pictures of their equipment for this edition. I also extend a special thanks to my family and Mr. Michael Payne Thomas of Charles C Thomas, Publisher who have been supportive and helpful in this venture.

R. ERIC OESTMANN

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**Part I**  
**INTRODUCTION**



## Chapter 1

### GENERAL CONSIDERATIONS FOR ALL TREATMENTS

#### I. Preparations

##### A. The therapist:

1. Your clothing should be neat and clean and should allow freedom of movement:
  - a. Washable, permanent press cotton and polyester material is the most economical and comfortable.
  - b. Sleeves should be loose and no longer than three-quarter length.
  - c. The color of your clothes is your choice, or it may be determined by your place of employment. If possible, inquire before you buy. When treating children, it may be preferable to wear a bright color other than white.
  - d. Shoes must be very comfortable and have resilient, well-padded and skid resistant soles and heels. Proper fitting shoes are MOST important and you will benefit later in life. Purchase your shoes in mid or late afternoon rather than earlier in the day, as your feet will be more swollen.
2. Your hair should always be clean, neat and short or tied back. It should NEVER be allowed to touch or drop on the patient, interfere with the treatment or the unit, or get into your eyes.
3. Every therapist or anyone working with patients should ALWAYS use a deodorant whether you think you need one or not. Guard against bad breath. Perspiration odor and bad breath can be very offensive to patients and