

## Physical Therapy – Sample Skill Scenario

### **Competitor Scenario 1:**

#### **VISIT ONE:**

You are working in the HOSA outpatient physical therapy clinic. Your patient is T. O'Malley who is 77 years old. The patient had a left knee replacement 3 weeks ago. The patient now has no pain with weight bearing, but does have some remaining weakness and range of motion deficits in the left knee for which he is receiving physical therapy interventions. The patient is to demonstrate using a walker today with the hope that he will soon be progressed to a cane. Assist the patient in walking 6 feet with the walker.

#### **Skill to be performed:**

**Skill II:     Ambulate with Walker           9 minutes**

#### **Judge Script:**

*Note- "The walker does not require adjustment."*

#### **Patient Script:**

You are T. O'Malley. You are 77 years old. You have had a left knee replacement. In the first scenario, the competitor will assist you to walk with a walker. You will tolerate the ambulation with the walker with no difficulty.

### **Competitor Scenario 2:**

#### **VISIT TWO (1 week after you last worked with the patient)**

T. O'Malley has continued to work hard in physical therapy and is making steady progress with his left knee range of motion. However, his left leg tires easily and does not show the strength or endurance noted in his right leg. He has been instructed in the three point gait sequence with a cane. Assist the patient in walking 6 feet with the cane.

#### **Skill to be performed:**

**Skill III:     Ambulate with Cane           8 minutes**

#### **Judge Script:**

*Note- "The cane does not require adjustment."*

***After the 3<sup>rd</sup> step the competitor will complain of the left leg feeling very weak. Student should assist patient to return to chair.***

**Patient Script:**

In the second scenario, you have returned the following week to advance to ambulating with a cane using the three-point gait. While using the cane on the 3<sup>rd</sup> step you will report “my left leg is feeling very weak”. Competitors should stop you and return you to the chair. If the competitor continues to attempt to have you walk further state, “I do not feel like I can make it”.