

REHABILITATION AIDE



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COURSE OBJECTIVE

The Rehabilitation Aide program will provide students with knowledge of pre-participation health and fitness assessments to design individual exercise and rehabilitation programs. Our goal is to provide an education that will encourage our students to continue their studies in fields such as athletic training, physical therapy, occupational therapy and other health and fitness related fields.

COURSE DESCRIPTION

This course provides students with the entry-level knowledge and clinical skills necessary to enter the Rehabilitation Aide field in privately owned or governmental hospitals, clinics and/or rehabilitation centers. Students will assist in performing patient positioning and range-of-motion exercises while developing an understanding of both applications. Students will learn theoretical concepts and practice skills. Core curriculum includes an Overview of Health Careers, Basic Anatomy and Physiology, Medical Terminology, How to Measure Vital Signs, Range of Motion Exercises, Use of Canes, Crutches and Walkers, Massage Therapy, Hot Packs/Ice Applications and Sports Medicine, Stretches/Strengthening Exercises, Fitness, Nutrition and Weight Control, Patient Care and Communication Skills. The program combines lectures, discussions and hands-on training in a state-of-the-industry lab and in clinical settings to develop the knowledge and skills necessary for a career as a Rehabilitation Aide.

REQUIRED SUPPLIES

Scrub Set(s), Pants, Top and Sneakers (White or Black Leather) or Nurse's Shoes (White or Black) |
Watch with Second Hand

TEXTBOOKS/WORKBOOKS

Dean Vaughn Medical Terminology 350, 2nd Edition; Workbook & Videotape Series
Textbooks - TBD

COOPERATING COMPANIES

Allegheny Health
Presbyterian Senior Care Network

SPECIALIZED SHOP EQUIPMENT

Treatment Tables | Taping Tables | Flexible Human Spine Model | 1/3 Life Size Human Muscle Model |
Muscle Arm Model

CLINICAL EXPERIENCE

Seniors are given shadowing opportunities to observe rehabilitation professionals in a variety of settings.

CERTIFICATIONS

American Heart Association: CPR, HeartSaver/First Aid

OSHA Certification - National Safety Council

Healthcare Bloodborne and Airborne Pathogens - National Safety Council

ARTICULATION AGREEMENTS

LaRoche University

Laurel Business Institute

Waynesburg University

POST-SECONDARY TRAINING OPTIONS

LaRoche University - Exercise and Sports Science; Health Sciences

Laurel Business Institute - Clinical Medical Asst.; Massage Therapy; Respiratory Therapy

Waynesburg University - Exercise Science; Pre-Athletic Training, Pre-Physical Therapy

POTENTIAL CAREERS

Rehabilitation Aide | Physical Therapist | Occupational Therapist | Athletic Coach
Sports Medicine | Personal Trainer | Physical Therapy Aide | Physical Therapist Assistant | Massage
Therapist

REHABILITATION AIDE SKILLS

Active Listening — Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate and not interrupting at inappropriate times.

Reading Comprehension — Understanding written sentences and paragraphs in work related documents.

Critical Thinking — Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.

Instructing — Teaching others how to do something.

Speaking — Talking to others to convey information effectively.

Time Management — Managing ones' own time and the time of others.

Service Orientation — Actively looking for ways to help people.

Monitoring — Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.

Social Perceptiveness — Being aware of others' reactions and understanding why they react as they do.

Writing — Communicating effectively in writing as appropriate for the needs of the audience.

WAGES AND EMPLOYMENT TRENDS FOR REHABILITATION AIDES

Median Wages (2021)	\$23.64 Hourly, \$49,180 Annually
Number of Jobs (2020)	140,500 Employees
Job Outlook (2020-2030)	32% (Faster Than Average)
Employment Change (2020-2030)	44,900
