



COHESIVE HEALTHCARE MANAGEMENT & CONSULTING

Mangum Regional Medical Center

TITLE		POLICY	
Therapeutic Activity		705	
MANUAL	EFFECTIVE DATE	REVIEW DATE	
Rehabilitation			
DEPARTMENT	REFERENCE		
Rehabilitation Services	CPT AMA		

SCOPE: All professional rehabilitation staff providing therapeutic activity for patient care at Mangum Regional Medical Center.

PURPOSE: To ensure that all therapeutic activity is administered safely and effectively within established guidelines.

DEFINITION: Therapeutic Activity is the use of dynamic activities to improve functional performance.

POLICY: Physician order is received

- Order may be for “exercise”, “range of motion”, “strengthening”, “therapeutic activity”, “patient education”, “activity modification”, “ADLs” or other variations of terms. Order may state therapist to evaluate and treat as indicated.

Therapeutic activity is a direct (one-on-one/patient-therapist) modality optimizing the use of dynamic activities to improve functional performance.

Indications:

- Any pathology or condition which effects the patient’s functional performance of an activity including limitations in strength, flexibility, range of motion, circulation, balance, coordination, and endurance.

Contraindications:

- Physician order specific for “no activity” or “exercise”.
- Physician order states specific modalities and physician signs prescription under “may not substitute”.

Precautions:

- Aggressiveness with passive range of motion/strengthening.
- Cardiac and respiratory patients
- acute pain
- Recent fracture

- Fall risk

PROCEDURE:

Before initiating treatment, patient is evaluated by therapist to determine appropriateness of therapeutic activity.

1. The use and design of specific activities is based upon:
 - a. The therapist assessment of the patient’s problem and need;
 - b. Therapist knowledge of therapeutic activity and the pathology involved;
 - c. Limitations/precautions indicated by the physician.
2. Progression of therapeutic activity may be determined by the therapist assistant under the supervision of the therapist.
3. Technicians/aids may only assist directly with the therapist/therapist assistant with provision of therapeutic activity.
4. Therapeutic activity may include use of furniture, beds, toilets, transfers, matt, treatment plinths, free weights, and any other exercise/activity equipment.

REFERENCES: AMA CPT Professional 2019

REVISIONS/UPDATES

Date	Brief Description of Revision/Change