Intervention Procedures

Sharon L. Gorman, PT, DPTSc, GCS
Darcy A. Umphred, PT, PhD, FAPTA

KEY WORDS
- Functional training
- Impairment training
- Motor programs
- Sensory retraining

CHAPTER OBJECTIVES
- Differentiate the categories of intervention into functional training, impairment training, hands-on guidance, and sensory or somatosensory retraining to gain or regain functional skill and participate in life.
- Identify when intervention is not improving stated goals.
- Identify when patient is successfully performing functional activity without assistance or guidance.
- Appreciate the importance of participation training in optimizing the patient’s/client’s quality of life.

INTRODUCTION

Intervention, as defined in the Guide to Physical Therapist Practice, is “purposeful and skilled interaction of the [physical therapist] PT with the patient/client.” Although the definition of intervention continues to define the role of the PT, intervention is intertwined in the role of the physical therapist assistant (PTA). To the PT, intervention incorporates the following: (1) coordination, communication, and documentation of services; (2) patient- or client-related instruction; and (3) direct patient intervention. Within these 3 categories, coordination of services is the only area