

Standard Operating Procedure (SOP)

Title: Exercise Therapy Practical Laboratory

1. Purpose

The purpose of this SOP is to establish standardized procedures for conducting practical sessions in the Exercise Therapy Laboratory. It ensures consistency, safety, and optimal learning outcomes for all participants.

2. Scope

This SOP applies to all faculty, students, and staff involved in the physiotherapy exercise therapy laboratory sessions. It covers the use of equipment, safety protocols, and operational guidelines.

3. Responsibilities

- **Lab Instructors:**
 - Supervise and guide students during practical sessions.
 - Ensure compliance with safety protocols.
- **Students:**
 - Follow instructions and safety guidelines.
 - Maintain discipline and report any issues to the instructor.
- **Lab Technicians (if applicable):**
 - Ensure all equipment is functional and properly maintained.
 - Assist in the setup and cleaning of the laboratory.

4. Prerequisites

- Completion of pre-lab theoretical sessions.
- Approval of the session plan by the instructor.
- Proper lab attire.
- Completion of required consent forms if involving patients or external participants.

5. Materials and Equipment

A checklist of commonly used equipment includes:

- Treadmill
- Resistance bands
- Weights
- Exercise balls

- Mats
- Stationary bicycles
- Stretching bars

6.1 Pre-Lab Setup

- Inspect all equipment for proper functioning.
- Sanitize all equipment and the lab space.
- Arrange the lab setup based on the session requirements.

6.2 Conducting the Session

1. Introduction:

- Brief students on the objectives of the session.
- Highlight safety precautions and protocols.

2. Main Activity:

- Demonstrate exercises step-by-step.
- Assign individual or group activities based on the session plan.
- Monitor students closely, correcting their form and posture as needed.

6.3 Post-Session Activities

- Sanitize and store all equipment properly.
- Ensure the lab space is clean and organized.
- Record attendance, feedback in the session log.

7. Safety Protocols

- Students must report any discomfort immediately.
- Equipment must be used only under supervision.
- Do not exceed the recommended weight or resistance limits for students.

8. Documentation and Record-Keeping

Maintain the following records:

- Attendance logs for all sessions.
- Equipment maintenance logs.
- Feedback forms from students.

10. Review and Update