Midwestern State University

College of Health Sciences & Human Services

Department of Athletic Training and Exercise Physiology

Athletic Training Education Program

**ATRN-3803:** Evaluation of Athletic Injuries I

T,TH 8-9:20

Room: D.L. Ligon 219

**Term:** Fall 2020

**Faculty:** Gary Diehm, MS, ATC, LAT

D.L Ligon 157

940.397.6236 (o)

940.867.4126 (c)

gary.diehm@mwsu.edu

Office Hours: MWF 8-9 T, TH 9:30-11:30

**Course**

**Description:** Integration of understanding of the mechanism of injury into assessment techniques used to distinguish injuries common to the physically active individual with a specific focus on the lower extremity, lumbar, and sacral spine. (Prerequisites: ATRN 1073. Co-requisite: ATRN 3801)

**Student**

**Outcomes:**

1. Examine the body and show normal structures and body function which will include mechanical function, kinematics in all stages of life. CE 1, CE 2, CE 4, CE5, CE 7, CE 21a,
2. Correlate mechanisms of injury with common presenting signs and symptoms, through the use of current evaluation techniques and standards of practice. CE 3, CE 4, CE 7, CE 8, CE 11, CE 12, CE 13, CE 14, CE 15, CE 17, CE 20 a, b, c, d, e, ,f, CE 21, a, b,c, d, e, f, g,
3. Use standard medical nomenclature in the accurate documentation of an injury assessment/evaluation. CE 8, CE 11, CE 12, CE 15,
4. Demonstrate principles related to palpation, muscle function, capsular and ligament stress testing, joint play, neurologic and vascular function related to the evaluation of the upper extremity. CE 3, CE 5, CE 10, CE 11, CE 12, CE 13, CE 14, CE 15, CE 17, CE 18, CE 19, CE 20 a, b, ,c, ,d, e, f, CE 21, a, b, c, d, e, f, g, h.
5. Perform a comprehensive Foot, Ankle, Knee, Thigh, Hip for lower extremity injury assessment. This evaluation includes, History, inspection/observation, palpation, functional assessment, selective testing/special tests, neurological and circulatory assessments. CE 3, CE 5, CE 10, CE 11, CE 12, CE 13, CE 14, CE 15, CE 17, CE 18, CE 19, CE 20, a, b, c, d, e, f, CE 21, a, b, c, d ,e, f, g, h.
6. Use clinical prediction rules in the examination process and describe the outcome of the clinical prediction rules. CE 8, CE 12, CE 13, CE 14, CE 15, CE 17, CE 18
7. Demonstrate the difference between the accuracy and reliability of the variety of special and functional tests as related to the evaluation process. Explain the difference between the evaluation and reevaluation process. CE 6, CE 9, CE 10, CE 11, CE 12, CE 14, CE 18, CE 19.
8. Distinguish factors that relate to acute lower extremity injuries. CE 3, CE 4, CE 5, CE 7, CE 8, CE 9.
9. Recognize, explain and demonstrate the proficiencies and competencies associated with the evaluation of lower extremity injuries, including the standards of History taking, inspection/observation, palpation, functional assessment, selective tissue testing techniques/special tests and neurological assessments. CE 13, CE 14, CE 19, CE 20 a, CE 21 a.
10. Use current Athletic Training literature and apply that information to the evaluation of the athletic injuries. Use current Athletic Training literature to define and use PICO questions. CE 11, CE 16, CE 17.

**Required**

**Texts:** Starkey, Chad & Brown, Sara. (2015). *Evaluation of Orthopedic and Athletic Injuries,*

*Fourth Edition.* Philadelphia: F.A. Davis.

Starkey, Chad & Brown, Sara. (2015). *Orthopedic & Athletic Injury Examination Handbook: 3rd Edition.* Philadelphia: F.A. Davis.

**Recommended**

**Texts:**

Hoppenfeld, S. (1976). *Physical Examination of the Spine & Extremities.* East

Norwalk, CT: Appleton-Century-Crofts.

Magee, DJ. (2006). *Orthopedic Physical Assessment, Fourth.* St. Louis, MO: Saunders Elsevier.

**Timeline:** The following is a tentative schedule of class topics, exams, and assignments. Every attempt will be made to follow the schedule. However, some alterations may be made due to circumstances beyond control. If a change is going to be made, the students will be made aware through e-mail and/or announcement. *The syllabus is subject to change at instructor’s discretion.*

**Date Topic Assignment**

8/25 Introduction-Examination Process CH 1

8/27 Examination and Management of Acute Conditions CH 2

9/1 Examination and Management of Acute Conditions CH 2

9/3 Evidence-Based Practice CH 3

9/8 Injury Pathology Nomenclature CH 4

9/12 **Test 1-Chapters 1-4**

9/15 Musculoskeletal Diagnostic CH 5

9/17 Assessment of Posture CH 6

9/22 Assessment of Posture

9/24 Evaluation of Gait CH 7

9/29 Evaluation of Gait **Paper Due**

10/1 **Test 2-Chapters 5-7**

10/6 Foot & Toes: Anatomy & History CH8

10/8 Foot & Toes: Observation & Pathologies

10/13 Foot & Toes: Special Tests & ROM **Paper Due**

10/15 Ankle & Lower Leg: Anatomy & History CH 9

10/20 Ankle & Lower Leg: Observation & Pathologies

10/22 Ankle & Lower Leg: Special Tests & ROM **Paper Due**

10/27 **Test 3-Chapters 8-9**

10/29 Knee: Anatomy & History CH 10

11/3 Knee: Observation & Pathologies

11/5 Knee: Special Tests & ROM **Paper Due**

11/10 PatelloFemoral Pathologies CH 11

11/12 PatelloFemoral Pathologies

11/17 Hip, Thigh, Pelvis: Anatomy & History & CH 12

11/19 Hip, Thigh, Pelvis: Observation & Pathologies

11/24 Hip, Thigh, Pelvis: Special Tests & ROM **Paper Due**

12/1 **Test 4-Knee, PatelloFemoral, Hip, Thigh and Pelvis on D2L**

12/3 Final Review via Zoom

12/10 **Final Comprehensive Exam 8:00 AM on D2L**

**Assignments:**

Evidence Based Practice: It is the goal of the National Athletic Trainer’s Association (NATA) to have all athletic trainers practicing evidenced based assessment and treatment. In order to stay current with practicing standards, you will need to write a 2-3 page paper on major topics (Foot & Toes, Ankle & Lower Leg, Knee & Hip) throughout the semester. These papers must be a summary of an article from a scholarly journal to be approved by the instructor. Each paper will include a summary of the History, Methodology, Results, Authors’ Conclusions, Student Conclusions, and Appropriate Usage. Your name, course number, date, and professor name must be listed at the top of the paper. This section CANNOT be double-spaced. However, the rest of the paper must be double-spaced. You must also provide a hard copy of the article you chose to be turned-in with the paper. No late submissions will be accepted of either the paper or the article. The first 2 papers can be turned in multiple times for full credit. Therefore, if you do not receive 30 points on the first submission, you can make necessary corrections for full credit. The paper must have been turned in on-time initially. You MUST turn in all copies if attempting to receive more credit.

**Gait 9/29/2020**

**Foot & Toes: 10/13/2020**

**Ankle & Lower Leg: 10/22/2020**

**Knee: 11/5/2020**

**Hip, Thigh, Pelvis: 11/24/2020**

All submissions are due by the end of class on the above listed due date. Each paper is worth **30 points**

SOAP Notes: It is the goal of this assignment to provide you with the opportunity to practice proper documentation. SOAP note writing takes years of practice, and you need to start immediately. Since each of you is assigned to both a sport and off-campus site, watching an ACI/CI conduct an evaluation or you, yourself conducting an evaluatiuon should happen often. Your first SOAP note must be completed by 9/5/2019. Have your ACI/CI conduct the evaluation while you observe. At the end of the evaluation, ask your ACI/CI the particular findings of the evaluation. Put all of the information in SOAP note form. 2 other SOAP notes are due throughout the semester. I would prefer that they be SOAP notes from your evaluation skills, but they do not need to be. Again, please be sure to have all documented information. Each SOAP note must include your name, course number, date of evaluation and submission, professor name, and athlete name at the top. Each SOAP note is worth **20 points**.

Assignments: I will provide topic-based assignments as the need arises. Because it is a 2 day per week class, we must cover several topics in one day. In order to reinforce certain topics, I will utilize multiple learning strategies to help your learning process. Assignments will be announced in class with plenty of advanced warning. The maximum amount of homework points allotted is **40 points**.

Quizzes: Each quiz is listed on the syllabus. However, I reserve the right to add or subtract a quiz as the need arises. These quizzes may be unannounced. Each quiz is worth **15 points**.

Exams: Each exam is listed on the syllabus. Each exam is worth **75 points.**

Comprehensive Exam: The comprehensive exam will take place during the allotted time that Midwestern State University has approved. The comprehensive exam is worth **150 points.**

Distinguished Lecture Series: Attendance at all lectures of the Allied Health Dignified Lecture Series is mandatory. Students who have conflicts with class schedules or clinical/field experience rotations may be excused from the presentation but must watch a recorded video of the presentation within the following week. Students will submit a written summary of each lecture. Students are expected to dress professionally. Each DLS is worth **20 points**.

**Late Submission Policy:** Assignments are DUE on the posted or announced date *at the beginning of class*. If an assignment is turned in late (this includes the end of class), points will be deducted from the assignment. If an assignment is not completed prior to the next class date you will receive a zero grade for that assignment.

Missed exams and assignments can only be made up if the absence was excused. All must be completed within one week of the original due date.

**Course Evaluation:**

Attendance & Participation: EXPECTED

Evidence Based Practice: 5 papers x 30 points= 150 points

SOAP Notes: 3 papers x 20 points= 60 points

Assignments: = 40 points

Quizzes: 4 quizzes x 15 points= 60 points

Exams: 4 exams x 100 points= 400 points

Comprehensive Exam: 1 exam x 150 point= 150 points

DLS: 2 DLS x 20 points= 40 points

**Total:** **800 points**

**Grading Scale:**

|  |  |
| --- | --- |
| A % | 90-100 |
| B % | 80 – 89 |
| C % | 70 – 79 |
| D % | 60 – 69 |
| F % | 50 – 59 |

**AMERICANS WITH DISABILITIES ACT**

Midwestern State University does not discriminate on the basis of an individual’s disability and complies with Section 504 of the Americans with Disabilities Act (ADA) in its admission, accessibility, and employment of individuals in programs and activities. It is the policy of Midwestern State University that no otherwise qualified person with a disability be excluded from the participation in, be denied the benefits of, or be subject to discrimination in any educational program or activity at the University. MSU provides academic accommodations and auxiliary aids to individuals with disabilities as defined by law, who are otherwise qualified to meet academic employment and requirements. The Director of Counseling and Disability Services Office serves as coordinator of accommodations for students with disabilities and should be contacted concerning initial enrollment, scheduling, and other arrangements. The Counseling and Disability Services Office may be contacted at (940) 397-4618 or in the Clark Student Center, Room 108. It is the student’s responsibility to declare any disabilities. After declaration, preferably at the beginning of each semester, the student needs to contact individual instructors to determine any reasonable accommodations that may be required.

***Special Note: Please inform me if you have a disability and need accommodations for this for this class.***

**Course Policies:**

Class Preparation—Students should come to class prepared. This includes wearing the appropriate clothing.

Students should refer to the current MSU Student Handbook and Activities Calendar for university policies related to class attendance, academic dishonesty, student responsibilities, rights and activities.

*“Midwestern State University is an equal opportunity/affirmative action institution and complies with all federal and Texas laws, regulations, and executive orders regarding affirmative action Requirements in all programs and policies. Midwestern State University does not discriminate against any individual because of race, creed, color, sex, national origin, or disability”*

Academic integrity is expected of all students. Cheating in any form (including plagiarism) will not be tolerated and may result in disciplinary action. Remember the MSU Student Creed**,**

***“As an MSU student, I pledge not to lie, cheat, steal, or help anyone else to do so”***

Plagiarism: By enrolling in this course, the student expressively grants MSU a “limited right” in all intellectual property created by the student for the purpose of this course. The “limited right” shall include but shall not be limited to the right to reproduce the student’s work product in order to verify originality and authenticity, and educational purposes.

**Concealed Carry Statements**

**for the**

**Robert D. & Carol Gunn College of Health Sciences & Human Services**

**Concealed Carry in Laboratories:**

Participation in Athletic Training and Exercise Physiology laboratory classes often require students to wear “scrubs” which are thin garments which may make concealed carry of a firearm difficult if not impossible. In addition, students are often required to palpitate other students while simulating medical examinations or procedures. This required physical contact may also make concealment of a firearm difficult. While concealed carry is not prohibited in any Athletic Training and Exercise Physiology laboratory, students are reminded that intentional display of a firearm may result in criminal and/or civil penalties and unintentional display of a firearm is a violation of university policies and may result in disciplinary actions up to and including expulsion from the program and university. Students should factor the above in their decision as to whether or not to conceal carry in Athletic Training and Exercise Physiology laboratories.

**Concealed Carry at Clinical/Affiliate Sites:**

Students must follow any rules or policies established at the clinical/affiliate site they attend. If the clinical/affiliate site does not prohibit the concealed carry of firearms, the university and Athletic Training and Exercise Physiology does not prohibit concealed carry at the clinical/affiliate site. However, students are reminded that at their clinical/affiliate sites the students are often required to wear “scrubs” which are thin garments which may make concealed carry of a firearm difficult if not impossible. Students may have to engage in activities such as moving patients or performing examinations which may make the concealment of a firearm difficult. Students are also reminded that intentional display of a firearm may result in criminal and/or civil penalties and unintentional display of a firearm is a violation of university policies and may result in disciplinary actions up to and including expulsion from the program and university. Students should factor the above in their decision as to whether or not to conceal carry at clinical/affiliate sites if those sites do not prohibit concealed carry.

**COVID-19**

If you feel like you are sick please do not come to class.

You will be required to wear a mask while in the class room and it should be worn above your nose and below your chin.

If we are doing special tests or examining others we will have gloves available if you desire.

Please wash your hands and use hand sanitizer on a regular basis.